[Applause]

i grew up on a bee farm in missouri

and like everybody else that raises

livestock we raise a lot of our own feed

to stay in business

and we raise corn and soybeans and hay

and we grind this stuff up into a flour

and we'd add vitamins and minerals and

trace minerals

you make pellets and you feed those

calves for about six nine months and

then you ship them off to be butchered

or maybe to

other feeders and you always save back

the very best ones for yourself

and you knock them in the head and eat

them it's a real simple cycle on the

farm

and the thing that fascinated me as a

teenager was that we went to a great

deal of trouble for those calves and yet

as a family we ate out of the very same

fields we'd keep back five rows of corn

for ourself we had a garden at the end

of the field where we grew our peas and

beans and squash and tomatoes

and we wanted to live to be a hundred

with no aches and pains and we didn't

give ourselves the very same vitamins

and minerals and trace minerals that we

gave the calves
and i always used to ask my dad i say
hey pops how come we go to all that
trouble for those calves and not for
ourselves
and he'd say shut up boy again farm
fresh food fresh air lots of free
exercise don't ask complicated questions
and i was glad to get rid of the farm
exercise and go to ag school at the
university of missouri
and there my major was an animal
husbandry nutrition my minor was in
field crops and soils
and i began to learn technical things
about soil chemistry and how it related
to tons and bushels per acre and ag
economics
but i didn't get an answer to my basic
question until i became a freshman
veterinary student at the university of
missouri and there i learned that the
reason why we put all these vitamins and
minerals and trace minerals
into animal feeds bottom line is because
we don't have insurance for them
we don't have blue cross blue shield
major medical hospitalization medicare
medicaid

and if we were to use a human health
care type of system for animals
it'd be sticker shock for you your
hamburger would cost you 275
a pound boneless skinless chicken breast
would be 450 bucks a pound
dozen eggs be fifty dollars just to pay
for the health care
so we learned that we could keep the
price of animal products such as
meat and dairy and poultry and eggs down
to where the average american could
afford them simply by
significantly reducing or totally
eliminating health care costs and we do
that in animals
by preventing and curing diseases with
nutrition well
after graduating vet school i went to
africa for a couple of years and got to
work with marlon perkins from the old
mutual of omaha wow kingdom days that
was kind of a kick
got to play frank buck use a
tranquilizer gun tromp all over central
and south africa for a couple years
and then marlon sent me a telegram and
invited me back to the states
uh he'd gotten a seven and a half
million dollar grant from the national

institutes of health
and this was more than 30 years ago and
this was to study pollution and ecology
and the environment
and my job as the wildlife veterinarian
on the project was to do
autopsies of animals that died of
natural causes in the big zoos around
the united states
and i was supposed to identify or find a
species of animals that was ultra
sensitive to pollution
and we're going to use that animal much
like the old coal miners used to use
canaries you know how that goes they
take the canary down in the mine
and if methane gas or carbon monoxide
were to leak in the mine
the canaries were more sensitive than
the men and would drop off the persian
die and long before the men were in
danger of suffocating or blowing up
well to make a long story short after
some 12 plus years of working on this
project and done some 17
500 autopsies and over 454 species of
animals
plus 3 000 human beings for a comparison
and what i

learned was that every animal and human
being who dies of natural causes
dies of a nutritional deficiency disease
and i got kind of excited about
nutrition again
and i wrote 75 scientific papers on the
subject
wrote chapters for eight multi-author
textbooks
actually contributed a textbook myself a
thousand pages
two thousand illustrations and uh
through the news releases that were in
the big universities i worked with i was
on 2020
it 1700 newspapers around the world
through the upi and ap
news wire services and with all this
public exposure
and with all this scientific exposure i
couldn't get people who are in a
position of authority
either in medical research or in
politics to get too
concerned or interested in preventing
and curing diseases in human beings with
nutrition
just like we did in animals well i got
frustrated enough i went back to school
in portland oregon became a physician

and i practiced there for 12 years as a
general family practitioner
and i sewed up chainsaw wounds delivered
babies
used everything that i learned in
veterinary nutrition on my human
patients
and it was no surprise to me that it
worked just as well in people as it did
in animals
well to get started i always like to
talk about longevity
and the human being has the genetic
potential to live healthily to be 120
i'm going to prove that to you in just a
minute
unfortunately americans do a lousy job
when it comes to longevity our average
life span the united states
is 75.5 about half or genetically
capable of
in 1990 when the world health
organization examined the top 32
industrialized nations on earth
the united states came out 17th there's
actually 16 other countries whose
peoples
live longer than we do we rank 19th in
healthfulness

that meant that there were 18 other
countries whose peoples live longer than
we do
before they develop heart disease and
cancer and diabetes and arthritis and
osteoporosis
we rank 23rd when it came to live births
and first year survivabilities of babies
and we rank dead last 32 out of 32 when
it came to
preventing birth defects now what all
this means is we have the highest price
health care system in the world
but not the best it also means that we
have the most envied health care system
in the world but not the best we have
the most technologically advanced
healthcare system in the world but not
the best i had a good friend by the name
of christopher bird
for many many years over 20 years and
chris was a best-selling author
on books on organically grown food he
was an expert in the subject and
i was always trying to give him vitamins
and minerals and he refused to take him
and he'd tell me doc i bring my own
cooler
i don't eat any hotel food i bring my
own organically grown food and so i

don't need to take vitamins and minerals
well i was changing planes again in
atlanta had an hour to kill
picked up the local newspaper and guess
whose obituary i found in the newspaper
chris byrd of course again he was a
best-selling author of books
the secret life of plants the secrets of
the soil and he died at age 68
from a ruptured aneurysm a type of
stroke seven and a half years before the
average american dies and he led a
pristine life lived up in the mountains
had an organically grown garden
collected herbs you know like yule
gibbons and ate wild hickory nuts and
all those kind of things
and because of his belief he died of a
copper deficiency
and i'll show you in a minute the copper
deficiency causes ruptured aneurysms
and it's just a tragic thing that people
have so much to give and die
at less than half their genetic
potential for longevity a lot of people
say to me doc i don't need to take
vitamins and minerals and trace minerals
because
i use herbs now herbs are not nutrition

you have to understand that herbs are
not nutrition they are great
plant medicines they're safer they're
more economical and most cases are more
effective than prescription medications
that doctors will give you but they're
plant
medicines if you have diarrhea they can
tighten you up if you have constipation
they can loosen you up if you have
hypertension or high blood pressure and
bring it down
if you have a fever and bring it down
but don't expect to get enough calcium
or selenium or boron or copper
or vitamin a from herbs well i've been
doing biomedical research
and clinical research in animals and
human beings and i can tell you no
matter how you look at health and
longevity whether it be in animals or
human beings there's only really two
concepts
you have to deal with concept number one
i refer to
is avoid stepping on the land mines this
is where you don't want to throw away
your healthy
physical body wastefully you don't want
to smoke don't abuse alcohol don't do

drugs
don't jog down the highway at two
o'clock in the morning wearing an all
black ninja suit
you're going to get hit by a truck
mirror right whenever a doctor says
here's our options never say
doc whatever you say you're the you're
the doctor when a doctor says here's our
options
what you want to do is say look i want
copies of all these records and tests i
want copies of the x-rays
and go visit three other doctors and
three other hospitals you want to talk
to 12
of their living patients that had gone
through this procedure
talk to them see if you really want to
do this i mean you do this for your
driveway and your roof and your fence
and your yard and all that kind of stuff
why not for your own physical body
that's concept number one
now that you've avoided the land mines
you're in a good position to do all the
positive things that you need to do to
go on to live be over 100
basically what you want to do is take

all the essential nutrients 60 that's 60
minerals 16 vitamins
12 essential amino acids and 3 essential
fatty acids they're called essential
nutrients for two reasons number one
your body cannot manufacture them you
must consume these every day either as
food or supplements number two
if any one of these essential nutrients
is missing for a couple of months couple
years
you get on the average 10 deficiency
diseases you have everything to gain
nothing to lose by supplementing
properly
well the medical profession of course
has this malignant done belief that you
can get everything you need from your
four food groups my favorite article of
all time in the press was
april 6 1992 time magazine cover article
the real power of vitamins new research
shows it may help by cancer heart
disease
and the ravages of aging six positive
pages if you haven't read it i'd urge
you to go to a public library school
library dig it out and read it there's
only one negative sentence as you might
guess that was offered by a medical

doctor
who was actually contacted by the writer
of the article said what do you think
about vitamins and minerals and
and trace minerals as supplements for
human nutrition here's what he said
quote
popping vitamins doesn't do any good
sniffs dr victor herbert
a professor of medicine at new york
city's mount sinai medical school
we get all the vitamins we need in our
diets and taking supplements just gives
you expensive urine
unquote now missouri translation of that
is you're just peeing away your money
you might as well wad up your dollars
throw them in a toilet and flush them
away you can get everything you need
from your four food groups is what he's
trying to say
well i'd rather pee out 50 cents for a
dollar a day worth of excess vitamins
and minerals that's cheap insurance
think about it how much money you spend
for coffee or soft drinks or newspapers
and that kind of stuff every day
50 cents to a dollar a day to maintain
and repair your body

and it's kind of fascinating that most
people don't do it just remember when
you pay that doctor out of your own
pocket
or indirectly through insurance or
indirectly through taxes medicare
medicaid
not a single penny of that goes to
better understand manage treat prevent
or cure
catastrophic diseases in kids breast
cancer women prostate cancer in men
a lot of people ask me why did you call
your original tape dead doctors don't
lie
well that's because i believe for a long
time because i'd done medical research
for over 20 years in large medical
research institutes medical schools
various laboratories and i always had a
belief in the medical system but
i was very disappointed when i learned
that doctors don't know the most about
health and longevity doctors don't know
the most
about disease they do know about
procedures
you know how to fix your bones when you
break them and that sort of thing how to
do a cat scan and so i began to look in

the medical journals and sure enough the
first article ever published on health
and longevity of american doctors was
published in jama
in june 15 1895 a little over 100 years
ago they said at that time doctors lived
to be 54.6
i redid the study 97 years later using
the same obituary techniques
that they did in jama this was um
january 20th 1993
that particular issue of jama and it
turned out
the doctors lived to be 57.6 i rounded
up to 58 to give them the benefit of the
doubt
and doctors just went berserk when i
said that i mean this was the most
outrageous thing that they ever heard my
principle is my my premise is
that doctors don't live as long as the
average couch potato in america
and i purposely put that figure out
there 58 to try and challenge people
well doctors immediately looked at all
the insurance actuarial charts they got
250 000 dead doctors
he said your group's too small so they
looked at 250 000 dead doctors they say

doctors don't live to be 58 they die at
62. they still don't live to be
75.5 like the average couch potato we
actually
re-ran this again using the entire
obituary history for 1996
and for the entire 1996 of all the
doctors dying in 1996 with all
the medical treatments and drugs and
procedures and everything and
transplants
doctors in that study lived to be 70.
still five and a half years short
of the average couch potato in america
so they still have never proven that
doctors live as long as everybody else
that's why dead doctors don't lie
now if you do everything right how old
can you live to be is it worth all the
effort i believe it is
here's one christian mortensen from san
rafael california in august of 1995
turned 113 august 1996 he turned 114
he's still going strong
certainly can live to be 115. smokes a
couple of cigars a day like george burns
who also lived to be over a hundred
certainly was i guess the only exercise
george burns ever did was put the cigars
in his mouth

this gal here dora ramathibi from south
africa in july of 1995 turned 114
and when she was asked by the media dora
what do you attribute your health and
longevity to
she did not say that we owe it all to
our annual physical
our hmo she said i ate locust every day
you know a little grasshopper she's not
a vegetarian she's little animals
pumpkin seeds tortoise meat wild herbs
dried fruit and starts each day with a
cup of coffee
this gal here margaret skeets from
radford virginia
in 1994 was the oldest documented living
american when she died at age 115
fell over and fractured her hip three
weeks later she was dead from
complications
of osteoporosis a simple calcium
deficiency and we'll talk more about
this
in a minute unfortunately this is not
unusual 75 of all americans over the age
of 65 who fracture hip or major leg bone
don't live
90 days they die of pneumonia pulmonary
embolism stroke and other complications

of that fracture
susie brunson according to her family in
december of 1994 was the oldest american
when she died at age 123
and they based their claim on her birth
date december 25th 1870 which was
recorded
in the family bible and this fellow here
francisco barris away at chop arena
october 1995. he was from a little town
outside of bogota colombia turned 125
when he was asked by the media francisco
what do you attribute your health and
longevity to
he said well i drink a gallon of goat's
milk every day also it's kind of
fascinating in his birthday announcement
this is not an obituary this is a
birthday announcement
said that over 40 years ago his
physicians told him he only had a couple
of months to live so he had his sons
build him a coffin
and he's been waking up every morning
for more than 40 years sitting by that
coffin waiting to die
good night time comes he goes to bed
wakes up the next morning sits by the
cough and waits to die
now he's still going strong and all the

doctors who told him that more than 40
years ago are long since
dead now this fellow here hamudi
al-abdullah from syria
died at age 133 and he was still
fathering children after the age of 100.
he remarried for the fourth time when he
was age 80
fathered four boys five girls nine
children after the age of 80 with the
same wife
and we add up the pregnancies and the
breastfeeding the time in between
pregnancies he was still fathering
children
after the age of 100. now this very next
one is my very very favorite this gal
mizumi dusty from iran according to the
rocky mountain
news wire services out of denver and the
iranian news agency
this was january of 1995. she died at
age 161.
now you have to give a certain amount of
credibility to this obituary report that
she died at age 161
because she was survived by six living
children ranging in age from 120 to 128.
they hadn't even left home to go to

college yet
now her oldest son golomb said his
mother had never visited a doctrine or
taken any chemical medications during
her life
did take a few herbs so if you kind of
think about it
every one of these people who live to be
over 100 120 130
160 these people are not from united
states or canada or germany or england
kind of interesting isn't it they're
most of them are from third world
countries they're furthest away from
medical help
and they live to be old so that we're
beginning to collect information here
the last one we want to look at
the national geographic society a very
respected group of
people scientists and and so forth and
support groups for science
comes out with a monthly magazine the
national geographic magazine of course
and they in january of 1973 came out
with a nifty
special issue on longevity they looked
at cultures whose people live
120 and they documented the oldest
living human being that they could find

based on their criteria this fellow
by the name of shirali mizmalov from
azerbaijan a little country just south
of russian georgia
in western russia today they documented
him as being 167 years old remember this
is the national geographic society not
the national
enquirer 167 years of age and they had a
half-page picture of him
actually harvesting tea leaves and a tea
plantation still working eight hours a
day six days a week when he's 167.
five months later may of 1973 shirley
mismaloft turns 168
goes out and hosed the garden for
reporters to show how vigorous he is
now for at least 50 maybe 70 years
medical doctors in america have been poo
pooing the idea that you could live well
beyond 100 you know people who lived 115
120 they were 1 in 6 billion
it wasn't something that everybody could
look forward to and anybody who
tried to teach people how to live to be
110 120 140
were considered charlatans and quacks
and taking advantage of
older people i was glad to see this come

out this was a news article in the usa
today newspaper in october
of 2000 and it was based on a
article in the journal science very
respectable journal
and what they said was forget a hundred
try living past 120.
humans possess a maximum life expectancy
longer than 120 years which has been the
long theorized medical limit
in fact lifespans appear to be
increasing over time with no end in
sight
now the key part of this is now that
there's no doubt about it everybody
agrees that human beings including
americans have the genetic capacity
to live well beyond 120 doctors want to
take credit for it
the things that have actually increased
our
longevity from 45 average lifespan in
1895 to 75.5
today which is an increase of about 30
and a half years
are sewers in good clean water public
health
things we don't have cholera and
leptospirosis and tuberculosis in our
food supply and our water supply anymore

we have meat inspection we have public
water works and things we have sewers
these are the things that have extended
our lifespan then there's this salt
thing now with you believe it or not
this medical dogma has really caused a
lot of problems in america how many you
ever heard that using a salt shaker is
bad
you're going to get hypertension right
you're going to get heart disease and
stroke
what's the first thing a good farmer
puts out for his livestock a salt
blocker salt lake in it
there's nobody out in the pasture
telling a cow she's limited to one lick
a day
i refuse to believe that my human
patients are dumber than a cow
say look go ahead and pick up a salt
shaker you're going to see the lightning
won't strike you you
can go ahead and salt your food to
tasting salt your body nothing bad is
going to happen
and 98 of my patients love it they bring
me hundreds of new patients every month
who want to use salt

and not to feel guilty about them and 2
percent the bean counters they say now
wallet we love you and respect you
we have this high-priced cardiologist
that says you're flying in the face of
all the weight and medical evidence
you can't tell people that um they can
use a salt shaker
because you're going to kill them with
high blood pressure and heart disease
and stroke
and i've been vindicated in this belief
this was actually a study that was
published in the new york times
may 22nd 1996 and this study was
abstracted from
jama the journal of the american medical
association the most prestigious medical
journal in the world according to
themselves
now in this particular journal a dr
alexander gordon logan
who's an epidemiologist and cardiologist
on the teaching staff
of the medical school at the university
of toronto up in canada
and he took 56 existing studies on
hypertension or high blood pressure
and restriction of salt combined the
data from these 56 studies which

included 3 500 and five people he threw
away all the conclusions
and reevaluated the larger group and
what he found out was this if you have
normal blood pressure
and you restrict salt it will not
prevent you from getting heart disease
or high blood pressure
if you have hypertension or high blood
pressure to restrict salt 97 percent of
those with high blood pressure
hypertension
who restrict salt will not get any
measurable benefit 97 will not get any
measurable benefit
zero two to five percent get measurable
benefit but it's not significant they're
only able to reduce their blood pressure
by 3.7 millimeters of mercury
so here's what dr alexander gordon logan
said in jama
may 22nd 1996. he said you might as well
go ahead and salt your food to taste
it's a meaningless exercise don't get
paranoid about salt
it has nothing to do with blood pressure
problems
there has never been one single iota of
proof

that restricting salt has any benefit
it's just one of those medical
myths he called it but i'm going to call
it a medical cocka now if it's not salt
what causes high blood pressure
well it's not salt first of all because
salt is an essential nutrient as a
combination of
sodium and chloride both of which you
need and according to the american heart
association
the minimum daily requirement for 150
pound person
for salt each day is a heaping teaspoon
six to nine grams of salt a day
now the japanese who live longer than we
do the japanese who live 4.1 years
longer than we do and have half the
cancer rate
they eat 12 grams of salt a day
the three times the salt we do and they
live four years longer have half the
cardiovascular disease rate
and half the cancer rate we do and yet
they eat three times as much salt as we
do
so you're beginning to put the puzzle
together the doctors really don't know
what they're talking about
that's why dead doctors don't lie well

if it's not the salt
and if it's not genetic what is it well
it's actually just a simple mineral
deficiency
raise your hand you ever heard the
cholesterol is bad
and you got to get it low in your blood
you got to have low cholesterol diet
otherwise you're going to get heart
disease right
doctors would like to blame all
cardiovascular disease on cholesterol
we've known for 75 years in animal
industry their cholesterol is not a
boogeyman
there's not a single disease that's
caused by elevated blood cholesterol
triglycerides you can find me one
i'll give you a million dollars in small
bills in any offshore account you want
there's not a single disease is caused
by elevated blood cholesterol or
triglycerides
elevated blood cholesterol and
triglycerides are really just a warning
signal much like a fever
fevers don't cause infections but when
you have an infection with a bacteria a
virus a fungus

maybe a parasite you can get a fever you
can have a broken leg and get a fever
you can have cancer and get a fever you
have liver disease and get a fever
babies get a fever when they teeth and
so you have to kind of sort it out when
somebody comes into a doctor's office
with a fever you have to say well
okay here's my whole list called a
differential diagnosis all the things
cause fever
if they're 80 years old you can quickly
rule out teething right
but the rest of you may have to do some
lab tests for any rate the same thing is
true for elevated blood cholesterol and
triglycerides
when you have elevated blood cluster on
triglycerides it might mean that you
have hypothyroidism or low functioning
thyroid gland
you could have diabetes you could have
deficiencies of niacin
chromium vanadium the essential fatty
acids you could have liver disease
all kinds of reasons why you might have
elevated blood cholesterol on
triglycerides
but they in themselves don't cause any
problems now the eskimos above the

arctic circle have a traditional diet
there's 98 red meat and blubber they
will
meet whale blubber walrus meat walrus
blubber seal meat seal blubber bear meat
bare fat
there's not a single eskimo above the
arctic circle that has a mr juice man
juice or eats organically grown broccoli
their average cholesterol ranges from
250 to 350
and yet they're legendary for not
getting cardiovascular disease until
they come down to the lower 48 and eat
like us
then when they get the cardiovascular
disease they go back home to die up
above the arctic circle they start
eating whale blubber again it goes away
well learning all that i felt very
confident in telling my patients look
we're going to do something different
my goal as a physician is to have my
patients die at an average age of 100. i
don't want my patients down to 75.5
i want to give them another 25 years i
want the average lifespan for my
patients to be
100 and we're going to do something

different if you want to do everything
that all the other doctors and patients
are doing i want you to go to them
because i don't want you to
lower my average right we're going to do
something different it's just real
simple
my favorite disease is arthritis i love
arthritis
the reason why i love arthritis is it's
easy to fix and when you can fix
something as horrible and as
debilitating as painful as expensive and
as miserable as arthritis
you get kind of excited about this
concept of preventing and curing
diseases with nutrition
and so i tell people about this
arthritis thing all the time
so let's have a quick look at arthritis
number one 75 to 80
of all americans over the age of 50 get
arthritis to one degree or one type or
another
and according to the cdc the center for
disease control 35 to 50 million baby
boomers are going to get arthritis
in the next seven to 10 years and
there's not a single medical treatment
designed

to prevent or fix it aspirin certainly
doesn't fix arthritis
causes gastric bleeding and death
tylenol doesn't fix arthritis
causes fifty thousand cases of kidney
failure each year five thousand which
are so severe you need a kidney
transplant
then there's ibuprofen advil and a leave
these things don't fix arthritis and
they cause liver disease in two to five
percent of the users
including liver cirrhosis even if you
don't drink and then there's
methotrexate and gold shots these things
don't fix arthritis they subdue your
bone marrow so you can't make
normal platelets and white blood cells
and then you have the granddaddies of
all the medical treatments for arthritis
prednisone and cortisone they don't fix
arthritis they subdue your immune system
which leaves you open to diseases far
far more horrible than arthritis and
prednisone and cortisone
accelerate the loss of minerals from
your bones something you don't want
when you have osteoporosis and arthritis
now when these prescription medications

and over-the-counter medications don't
work anymore to relieve pain and
inflammation
the only thing left for you medically is
joint replacement surgery and
i i never like to send my patients in
for the joint replacement surgery
because they never work out well
in fact many times you're worse off
after the surgery than you were before
the surgery
the advantage my patients have always
had is that i'm a veterinarian as well
as a physician
and so i always used to tell my patients
look we have all these nutritional
formulas designed to prevent and cure
diseases and animals including
arthritis and so i tried adapting
nutritional arthritis formulas designed
to prevent and cure
arthritis and pigeons and turkeys dogs
cats sheeps pigs horses cows lions
tigers and bears to human use
it was no surprise to me it works just
as well in humans as a dozen animals
because it was designed to prevent and
cure arthritis in pigs and i've
literally seen tens of thousands of
people

who've had a regrowth of cartilage
ligaments tendons connective tissue
bone foundation bone matrix doesn't
matter if they're 20 30 40 50 60 70 80
90.
i've seen people 97 years old regrow
cartilage and bone even if they had bone
to bone arthritis
if there's blood supply to that joint
and that bone they will regrow
bone and cartilage well of course
harvard medical school goes berserk when
you say stuff like that
while like you can't say those things
the only thing left for people when they
get bone to bone arthritis is joint
replacement surgery and i'd agree with
them if the only raw materials you're
using is tylenol and aspirin and
penicillin cortisone
we've learned over 50 years that you
can't regrow cartilage and bone using
those things
one of the basic things of course at the
harvard medical school jumped onto and
they said this is so ridiculous
that this couldn't work and so they took
29 patients arthritis patients who had
failed to respond in any way to heroic

medical treatment for arthritis
over 15 to 20 years they took them off
all their medication wasn't working for
them anyway
lined them up for joint replacement
surgery they said look for 90 days
before we do the surgery
they gave them a heaping tablespoon full
of ground up chicken cartilage their
orange juice every morning for 90 days
they were sort of chuckling in their
beer saying nothing's gonna happen well
here's what happened
in 10 days these people these 29 people
had complete relief of pain
inflammation something they hadn't had
in 15 to 20 years
in 30 days they could now open up a new
pickle jar that never been opened
without pain to the fingers wrist elbows
and shoulders
in 90 days 28 of the 29 were clinically
cured
now this is from harvard medical school
in the boston va that meant that they
had complete return
the range of motion all the pain
inflammation was gone in their fingers
and toes and hips and knees and her neck
and certainly many of them still had

knots on their fingers because it was
only
90 days and you'd think they'd call me
up these
professors you know of medicine from
harvard medical school and from the
boston va and say look wallach
we have to apologize to you we've been
bad-mouthing you for 20 years
and why don't you come up to boston
let's talk about the whole thing
here's what they said quote after three
months it was clear that the drug was
beneficial unquote
chicken cartilage had become a drug in
90 days
now why would that happen well because
you can't patent chicken cartilage
and they convinced at the u.s patent
office that they were using a
drug to do this study and they actually
got a used patent on chicken cartilage
and you too for 3 500 bucks a month can
get harvard medical school's chicken
cartilage and a capsule for arthritis of
course
cartilage has chondroitin sulfate in it
glucosamine sulfate collagen
these are all the basic raw materials to

rebuild cartilage and bone

raise your hand if you know what the red warning lies for on the dashboard of a car truck back before we had dials showing temperatures and things they used to use the red warning light right

it was called the idiot light

and when that red warning light came on it meant that your engine was heating up you didn't have enough coolant or oil or maybe you broke a fan belt or split a radiator hose

a reasonable person would would pull the vehicle car or truck over the side of the road and deal with the problem so it didn't burn the engine up even even a mercedes

would burn up if you didn't have enough coolant and oil and a fan belt and radiator hose

then of course the village idiot that's why they called the village idiot light or the idiot light

they'd be driving along they'd see that red warning light come on they say i don't have time to deal with this so they whip out their flowers they cut the wire the red warning light

they keep on driving even a mercedes will burn up if it doesn't have oil

cooling a fan belt and a radiator hose
right
and so you really have to be the village
idiot to do that nobody in the right
mind would do that to their vehicle
how many of you know what pain is far
raise your hand if you know what pain is
far
that's pretty good most of you know that
pain is the red warning light for your
body
when you get pain in your foot your
ankle your leg your knee your hip your
back your shoulders elbows
wrists and fingers your body's saying
don't use those joints don't use those
bones don't use those muscles
until you fix them it's absolutely
criminal absolutely criminal for a
doctor to write you a prescription
for a pain reliever an anti-inflammatory
or muscle relaxer or any of those
combinations
without rebuilding the bones and the
joints in the cartilage at the same time
if they just give you a pain reliever
just give you an anti-inflammatory
and or muscle relaxant without
rebuilding the joints and the bones at

the same time all they're doing is
cutting the wire the red warning light
you're going to wear those bones and
joints and cartilage out faster and
faster and faster
it's actually a negative to be taking
painkillers and anti-inflammatories
without rebuilding the joints and the
bones at the same time the reason why i
say no carbonated drinks and been doing
that since 1964
is because carbonated drinks actually
will neutralize your stomach acid
and you cannot efficiently absorb
minerals digest protein or absorb
vitamin b12 without stomach acid
you have to have stomach acid like
battery acid doctors have the criminal
belief
that you don't need stomach acid they
give you all these drugs get rid of your
stomach acid antacids and they give you
drugs that stop producing
stomach acid right they don't want you
to have stomach acid
absolutely criminal you can't digest
food and absorb food without stomach
acid
i know most of you knew that carbonated
drinks

neutralize stomach acid if you remember
back 25 50
75 years ago when somebody would ask
their doctor and say look i just ate a
i over eight i overeat a thanksgiving
dinner
and i have heartburn and indigestion
what do i do
that was before they had zantac they say
well take some seven up drink some
ginger ale drink some club soda take
take some uh
sparkling water because the carbonation
will neutralize your stomach acid and
give you some relief and it would
now if you do that three times a year
drink a carbonated drink three times a
year for
thanksgiving and christmas and easter
because you overeat during those
holidays that's okay
you're gonna survive when you're
drinking two three four five
six eight ten carbonated drinks a day
you're not going to survive
because over the long haul you will not
be able to absorb the nutrients you're
going to get some horrible combination
of terrible diseases this came out june

of 2000
and this is a harvard study on 460
junior high school girls in ninth and
tenth grade
and what they found out was that those
junior high school girls who drank one
non-cola carbonated drink every day
they increased their risk of fractures
and osteoporosis as a teenager by 300
percent
they found out that if they drank one
carbonated cola drink
a cola carbonated drink every day they
increase the risk of fractures and
osteoporosis as a teenager by 500
now do you think that this is more
dangerous for teenagers or adults is
much more dangerous for animals because
you only have 25 percent bone matrix and
you're very very slow to recover
where teenagers have 40 bone matrix and
they can recover in a week's time
we learned in 1957 from a turkey study
where they took 250 000 turkeys
and they put them on a complete turkey
pellet trying to get them to finish for
market within a few days or a week or so
of each other
and in the first 13 weeks fully half of
them 125 000 of them died farmers were

out there every morning
they picked them up every morning by the
bushel basketful took them to the
state diagnostic lab to see what they
died from when they opened them up every
one of them had died of a ruptured
aortic aneurysm
and one of the clever pathologists says
that's got to be due to a copper
deficiency
because copper is required to
manufacture the elastic fibers of
arteries
and skin and other tissues and the
mechanism of an aneurysm is identical to
the mechanism
of a balloon on a weak and wall of a
tire you know when you hit a chuck hole
with your tire and you break the cords
the internal pressure blows a balloon
you overload that tire with weight or
heat it up on a highway it blows out
same way with an aneurysm when you have
a copper deficiency you get a breakdown
of the elastic fibers
in that artery the internal pressure
even normal blood pressure will blow a
balloon in that artery
and a balloon in an artery is called an

aneurysm and of course if it's in a
strategic place like the brain
the carotid artery the coronary arteries
the large arteries are the pulmonary
artery renal arteries they blow out you
die suddenly
just like you've been shot well they got
excited about this they double the
amount of
copper in these um pellets the next year
they tried to raise 500 000 turkeys and
they did not lose a single one
from a ruptured aneurysm they went from
a fifty percent loss to a zero percent
loss
just by adding a little bit of copper to
those pellets so they said well maybe
the same thing is true for humans and in
1958 they started looking at
copper deficiency in various species of
animals and humans and here's what they
found out
the very first symptom of copper
deficiency is white gray and silver hair
copper is required as a co-factor to
manufacture hair pigment doesn't matter
if it's blonde red brown or black hair
and i see a lot of copper deficiency in
this room i can almost tell you which
people men and women who have colored

their hair get pretty good at that
being a physician and you don't want to
be like a medical doctor and just treat
the symptoms if you're just coloring
your hair
you're treating the symptoms you need to
do the basic thing take some colloidal
copper
and if you don't what's going to happen
is you get a breakdown of elastic fibers
in your skin you start getting crow's
feet around the corners of your eyes and
your mouth
parts of your anatomy begin to sag and
you know you're in trouble when your
doctor tells you look i've got a golf
buddy down the hall
who's a plastic surgeon for ten thousand
dollars will make you look 20 years
younger but you don't need a facelift a
booby lift a tummy tuck or a dairy air
lift
all you need is some copper and
everything will come back up just like
you have a hydraulic jack under it'll
just come right back up
those elastic fibers tighten right up
people say francine did you get a
facelift you look great you look like

you're 20 years younger now if you don't
take some action at that point
the next thing that happens is you get
to break down the elastic fibers and
large veins of your legs and you get
varicose veins you don't take action at
that point you get a breakdown of the
elastic fibers and large veins of your
exhaust
pipe and you get hemorrhoids so if you
have hemorrhoids varicose veins things
that sag
wrinkles white gray or silver hair the
odds are you have aneurysms developing
in you somewhere
and you don't want to of course die
suddenly of a ruptured aneurysm when
your body's been warning you for 10
20 30 years just remember people don't
die suddenly of an aneurysm it may be
you drop and die think about old albert
einstein
he died of a ruptured aortic aneurysm at
68 years of age what color was his hair
he was famous for wild white hair wasn't
he
now you'd like to think the people who
win the nobel prize in medicine would at
least live to be 75.5 but they live to
be 58 just like other doctors

and of course that's because they are
trained and they believe and they
practice you can get everything you need
from your four food groups
it doesn't matter if they win the nobel
prize or not this guy here dr george
kohler
was the youngest person ever to win the
nobel prize in medicine in history 37
years old wins a nobel prize in medicine
and he won the nobel prize in medicine
for studying monoclonal antibodies which
are antibodies trained to attack cancer
cells if they ever get this really
working
it'll be great because they won't have
to use chemotherapy anymore which kills
more people when it saves 11 years after
winning the nobel prize in medicine dr
george kohler
now 48 drops dead of a cardiomyopathy
heart attack because he believed you can
get everything you need from your four
food groups didn't take any selenium
diet of a cardiomyopathy heart attack
i have to tell you why athletes are
early warning system
couch potatoes by definition are people
who go to extraordinary efforts not to

sweat

right they make every human effort not

to sweat they're changing the tv

channels honey

bring in the popcorn i'm changing the

channels son bring me the tv guide i'm

changing the channels

by contrast athletes have the attitude

no pain no gain and they're out there

sweating and working away power training

strength training running and they sweat

athletes no matter age they sweat more

in five years than couch potatoes do in

70 years

and when you sweat you don't just sweat

out potassium and gatorade

you sweat out all 60 essential minerals

if you sweat out all of your selenium

don't replace it by supplementation

you're a higher risk of getting

a cardiomyopathy heart attack you sweat

out all of your copper and don't replace

by supplementation

you're at high risk of developing an

aneurysm and dying suddenly of a

ruptured aneurysm

you sweat out all of your chromium and

vanadium and don't replace it by

supplementation higher risk of getting

diabetes

and if you sweat out all of your calcium
and magnesium and boron
and zinc and sulfur and other minerals
are required for cartilage ligaments
tendons connective tissue bone
you're going to get a joint bone injury
what is the biggest single cause of an
athlete's
career being ended early joint and bone
problems right
and that's because they sweat out all
the basic minerals that they need to
maintain those parts of their body and
they don't supplement with them because
doctors tell them
that they can get everything they need
by eating their four food groups well
what are the early warning systems
for mineral deficiencies we already told
you about white gray or silver here for
a copper deficiency
liver spots or age spots in the back
your hand side of your face or neck
these things are caused by a selenium
deficiency and you know again
about selenium deficiency then of course
you have
toe cramps leg cramps so you can have
hypertension these things are all caused

by
a deficiency of calcium and if you're an
athlete at age 25 or 15 and you get a
leg cramp that's a calcium deficiency
your body's telling you if you don't
stop drinking those pepsis and start
supplementing with some calcium
by the time you're 40 50 60 years old
you're going to have arthritis and
osteoporosis
but most people say wow i got to get
this high price trainer i need somebody
who can give me the massage therapy
because i have a cramp
and they don't go and take their
supplements 85
of the total mineral in your body is a
calcium
there's 147 different diseases you can
get from a calcium deficiency we're just
going to quickly go over the top 10
when it comes to number of people
affected and the amount of money
involved
let's look at osteoporosis the number 10
killer of adults united states
remember 75 percent of the those over
age 65 who fracture a hip or major leg
bone don't live 90 days
also it's the most horrible disease when

it comes to human misery and dollars
expended
osteoporosis think of the special vans
and the lift gates and the ramps and the
elevators
the special plumbing in homes and and
public buildings special parking places
wheelchairs and walkers and canes think
of the beds and the chairs are
little electric motors to lift you up
when you can't stand up by yourself
physical therapists
joint replacement surgeries
pharmaceuticals doctors visits we're
talking
billions and billions of dollars for
nothing more than a calcium deficiency
disease
now as horrible as a disease as
osteoporosis is in human beings we don't
have osteoporosis in animals
because we don't have blue cross blue
shield major medical hospitalization
medicare and medicaid to pay for
nonsensical surgical treatments for
mineral deficiency
we've learned that by putting animals
who are weaned off their mother's milk
on calcium as soon as they're weaned

they won't get arthritis and
osteoporosis it's amazing how that works
receding gums denison dental hygienist
will tell you
to floss and brush after every meal if
you believe that works i have some
oceanfront property in montana to sell
you
if you have receding gums periodontitis
gingivitis
pyrea loose teeth bridges and plates you
actually have osteoporosis
of the facial bones and the jaw bones we
don't get receding gums and animals even
though they don't floss or brush that's
because we've taken care of the
osteoporosis problem
in animals arthritis 85 of all arthritis
is called wear and tear arthritis
osteoarthritis degenerative arthritis
ankylosing spondylitis
these things are nothing more than
osteoporosis of the joint ends of the
bones
hypertension high blood pressure as
you've learned has nothing to do with
salt or salt restriction 85 percent of
hypertension not related to kidney
disease
which is most of them not related to

kidney disease is in fact a calcium
deficiency
insomnia is not a deficiency of sleeping
pills
halcyon or barbitus it's a deficiency of
calcium
kidney stones bone spurs heel spurs and
calcium deposits
again the medical profession has a
malignant dumb belief that these things
are due to
too much calcium in your diet try to
give up calcium when in fact
you only get kidney stones bone spurs
heal spurs and calcium deposits when you
have raging osteoporosis
you actually need more calcium more
magnesium not less
cramps and twitches raise your hand how
many have you ever had a toe cramp foot
cramp leg cramp in your life
sure that's the first symptom of a
calcium deficiency that most people
recognize so if you've ever had that
sometime in your life you've had a
calcium deficiency
then you have pms the university of
california san diego came out and said
that

85 percent of the emotional and physical
stuff of pms can be relieved eliminated
and cured they use the cure word
by taking three times the rda of calcium
low back pain has nothing to do
with disc problems i know you've heard
of people maybe even yourself have had a
disc surgery
for back pain and after the surgery you
still had the pain maybe even worse
because back pain is not caused by disc
problems if you have a disc
problem you can have numbness and
tingling maybe even paralysis if it's
very severe
but disc problems do not cause pain we
learned in 1957 in animals
that we could prevent and cure adult
onset diabetes with two trace minerals
chromium and vanadium
1985 the medical school at the
university of vancouver british columbia
up in canada came out and said that
trace mineral vanadium alone
could replace insulin and anal onset
diabetics
science diet dog food has 40 minerals in
it always has chromium vanadium lithium
and selenium
ralston purina laboratory rat pellets

has 28 minerals always contains chromium
vanadium lithium and selenium
i'll give anybody in this room a crisp
new 100 bill if you can find me a human
infant formula off the shelf of a
grocery store
that has more than 12 minerals in it
none of them can contain chromium
vanadium
or lithium only one pro well two
actually prosoybe and enfamil i believe
has 12 because they put in the
selenium the rest of them don't they
have 11 10 9 or 8 minerals
our dogs get 40 minerals our rats get 28
and our kids get 12 or less
you don't have to be a research
scientist to realize why
our kids are now getting all these
horrible diseases that used to occur in
people in their 60s 70s and 80s
all these diseases that um doctors are
wondering how
is this genetic these kids shouldn't
have this till they're 60. well that's
because
they couldn't get it out of their little
can of stuff if it's not in the can they
don't get it

again we need nutrients 60 minerals 16
vitamins 12 essential amino acids three
essential fatty acids
and fortunately over the thousands of
years that human beings have been around
we haven't had to
think much about this because our food
plants our grains vegetables fruits and
nuts
take carbon dioxide out of the air and
manufacture long carbon chains many of
which are vitamins amino acids and
fatty acids and this is where this
medical cocka came from that you can get
everything you need from your four food
groups
because they say well plants grains
fruit specials and us can manufacture
vitamins amino acids and fatty acids
but we've tried this experiment for 200
years americans have eaten better than
anybody else in the world
we've had the best quality food in the
world over anybody else
and yet we only live to be 75.5 we don't
set any health or longevity records
so if you want to live to be over 100
can't get it from eating your four food
groups you can live to be 75.5 you may
live 10 years older 10 years younger but

on the average 75.5 so if you want to
live to be over 100 you do have to
supplement with vitamins amino acids and
fatty acids
there's three types of minerals you have
to concern yourself with
first of all there's metallic minerals
these are things like oyster shell
eggshell
limestone coral calcium seabed minerals
clays of various types
tums is a popular one with doctors
lactates gluconate citrates oxides
sulfates carbonates these are nothing
but ground-up rocks
we're not designed to eat ground-up
rocks nobody can show you where humans
or animals are designed to eat ground-up
rocks
we're designed to get our minerals by
eating plants grains vegetables fruits
and nuts
and as a result plant-derived minerals
are absorbable
more absorbable than chelated more
absorbable than the elemental or
metallic minerals
plant-derived minerals are liquid
they're very small particle size

there's 000 times smaller than red blood
cell this is the way they're stored in
your cells and are moved around
in plant vascular systems and human
vascular systems
in the liquid plant derived farm they're
negatively charged i don't know all of
the
physics and chemistry is one of the
basic features of a colloidal mineral
that's negatively charged
these three factors together give you
absorbability now the way it's supposed
to be is
our food plants our grains vegetables
fruits and nuts take the elemental or
metallic minerals out of the soil
convert them to minerals for their own
use for their own metabolism and
biochemistry and then animals and people
eat these
plants that are enriched with minerals
that's how we're designed to get our
minerals
unfortunately we have several problems
here for a hundred years we've used a
simple fertilizer known as npk
we put in three nutrients into the soil
when we need 60
minerals we put those three nutrients in

the soil for maximum yields
per ton and bushel per acre then of
course we have to understand that plants
cannot manufacture minerals if they're
not in the soil they're not in the
plants plants
only have minerals in them if they're in
the soil plants cannot manufacture
minerals
over 90 years at least we've been
deficient in our soils in america and as
a result
our food is deficient and as a result
the crops the grains fruits vegetables
and nuts that are grown there are merely
deficient and as a result the animals
and people
who eat these minerally deficient crops
get mineral deficiency diseases
and the only way to prevent and cure
them is with mineral supplements
yes i'm a construction worker and um i
hurt my back he said that my
cartilage damage is permanent is there
anything that can be done
well first of all how old are you i'm 28
years old
and what do you normally take for fluid
replacement we were working on

construction what do you drink during
the day
uh water gatorade you don't drink any
soft drinks uh yes i do okay because
normally construction workers drink a
couple of liters of pepsi a day right
yeah i can probably put down a liter
and did you take any vitamins or
minerals that we were working in
construction
um just recently started when you were
in construction prior to the
back problems yeah a lot of construction
workers will tell me well doc if it
ain't in the pepsi i don't get it
right and so uh you're a perfect
candidate for the pig arthritis formula
plus the efa you need all 90 essential
nutrients
and give up the bad things give up the
soft drinks and the iced tea and the
lemonades and
and go up the fried foods in the margins
and uh i can just tell you with your age
you can honestly expect to see some
really
recognizable results in a very very
short time 60 to 90 days
and it doesn't matter what the doctor
said

if you do the right things get rid of
the bad stuff take all 90 essential
nutrients
making sure you get that collagen the
glucosamine sulfate and the chondroitin
sulfate
you will repair your vertebrae you will
repair the cartilage and will repair the
disc
doctor wall it just seems like every
week i pick up a newspaper and i see
about our young athletes
having problems with their bodies
falling apart what can we give
our athletes and our children so that
they can be healthy and have long lives
that we want as well
that's a great question because most
people believe that exercise is good for
you
and that was always a great question you
know is exercise good for you is it
necessary for health and longevity
and when you inspect this question you
have to look at professional athletes
who
spend most of their teenage years and
going through university in the semi
pros and the pros

uh training and practicing and doing
their events and if exercise was the
factor in living a long healthful life
athletes should live longer than couch
potatoes but when you look at this
critically couch potatoes in america
live to be 75.5
and the average athlete depending on the
sport and their level of competence
lived to be 62 to 68 far short of what a
couch potato lives to be and of course
athletes suffer from a great many
joint diseases and bone injuries and
tendons and ligaments
back necks shoulders ankles knees and
hips
and have to suffer through an enormous
amount of surgeries to deal with this
and athletes develop some 800 different
diseases
and what is it why is it that athletes
don't fare as well as the
couch potato was simply because athletes
sweat more in five years than couch
potatoes do in 75
years and when you sweat you're not just
sweating out gatorade
you're sweating out all 60 essential
minerals and they're called essential
minerals because if they're missing for

any length of time you get some horrible
degenerative disease many of which are
life-threatening
so you don't have to be a rocket
scientist to figure out who's more
likely
to be debilitated or even die of these
these life-threatening diseases
an athlete who sweats out quartz of
sweat during an event or training or
practice
or a couch potato who's laying on a
couch in air-conditioned dense
switching the channels yelling honey
bring in the popcorn i'm changing the
channels
and this is very serious because the
center for disease control
says that as many as a hundred thousand
young athletes under the age of thirty
a hundred thousand each year dies
suddenly during
an event or training or exercise or
immediately after an event
from cardiomyopathy heart disease and
ruptured aneurysm and we know that
cardiomyopathy heart disease is due to a
selenium deficiency
and ruptured aneurysms is due to a

copper deficiency so you can begin to
put two and two together why does a 10
year old die
of a ruptured aneurysm well you sweat
out all of this copper
and you can't get copper from curly
french fries and pepsi it just doesn't
work
dr wallach what about arthritis well
arthritis is my favorite disease because
it's easy to fix
it's one of the great myths that the
medical profession perpetuates
is that you can't build bone mass after
the age of 50
60 70 years of age you can only slow
down the loss
and the reason why they say that is
because they try to rebuild bone mass
using
plain calcium whether it's tums or
calcium citrate or carbonate or
gluconator
or lactate and your body will not retain
much or any of the calcium you
supplement with in your bones
without first building new bone matrix
you have to have new bone matrix this is
this
this rubbery collagen material that

looks like tendon or skin
and it makes up 25 to 40 percent of our
bone weight
40 when you're a child and 25 percent
when you're an adult
and so it's absolutely essential if you
want to deal with
the wear and tear arthritis
osteoarthritis degenerative arthritis
ankylosing spondylitis effectively you
have to take all 90 essential nutrients
and the best way to do that is with dr
wallach's pig arthritis formula
remember i'm a veterinarian as well as a
physician and we learned a long time ago
maybe a hundred years ago
in veterinary medicine that we could
actually prevent and reverse maybe even
use the cure word and animals
arthritis simply by giving the animal
the raw material
to develop properly and to maintain and
repair the joints
and so using this information that we
developed in
animals if you use the same concept for
human beings i have literally seen
tens of thousands of people over the
years who

had boned bone arthritis they had
osteoarthritis they have
degenerative arthritis ankylosing
spondylitis which are basically
a joint form of osteoporosis it's
osteoporosis the joint ends of the bones
and they've tried all kinds of
medication and of course if you take
medication if you take a painkiller
if you take an anti-inflammatory for
arthritis essentially all you're doing
is cutting the wire the red warning
light pain in a joint says don't use me
until you fix me and by taking a
painkiller by taking a anti-inflammatory
which will reduce pain
you're allowing that joint to be used
even though it would have been painful
without the drug and so you're wearing
that joint out faster and faster and
faster
and to me it's criminally negligent for
someone to
be prescribed a painkiller or an
anti-inflammatory for joint disease
without repairing the joint at the same
time and this is where the arthritis
formula really shines
and works just like a charm in human
beings so does the same apply for bone

spurs

absolutely bone spurs are a

manifestation of osteoporosis

a person will get bone spurs and calcium

deposits when you have osteoporosis just

the opposite of what a doctor will tell

you

and you need more calcium more magnesium

you need the bone matrix

you need the collagen the glucosamine

sulfate the chondroitin sulfate

and those bone spurs and the calcium

deposits will actually

re-architecture back down to a normal

bone takes a little while takes

four to six months to pull that off but

you can do it on a regular basis

absolutely

cancer seems to be striking everywhere

in our population these days

what do we have that we can help people

that are facing the challenge of cancer

that's a great question back at the turn

of the century 1895 1900

1 out of 10 americans developed cancer

right now

it's three out of five and by the year

2050 is projected

two out of three people are going to

develop cancer in america
the onset of cancer appears to be
directly related to the amount of of
carcinogens
these are toxic waste either from
agriculture
or from the industrial waste that we
find in our air and our food and our
water and in the dust around us
and the lack of the ability to defend
against these
these carcinogens and the most common
defense mechanism that we have the one
that we have access to in a very
economical way
are the antioxidants like selenium like
the grapeseed extract like the green tea
you're looking at vitamin e vitamin c
beta carotene
and avoiding fried foods and margins and
and things we have control of eating as
much organically grown food as possible
and according to the medical school at
the university of arizona
this came out in jama the journal of
american medical association
december 25th 1996 i mean we're talking
about
a great christmas gift to the american
people

they did a wonderful study 10 years it
was a double-blind study 1300
people they gave the study group 250
micrograms which is one quarter of one
milligram and we're talking an itsy
bitsy amount of selenium they just used
selenium alone didn't change anything
else
and by giving these people 250
micrograms one quarter of a milligram of
the trace mineral selenium
they were able to reduce the risk of
esophageal cancer by 71 percent
prostate cancer by 69 greater than
two-thirds
colon and rectal cancer by 64 almost
two-thirds
lung cancer was reduced by 48 whether
you smoked or not
and in a parallel study from the
university of california san diego
250 micrograms one quarter of one
milligram
of selenium the trace mineral sling and
reduce the risk of breast cancer by 50
to 80 percent
and the same study showed that if you
already have cancer if you take 250
micrograms of selenium every day

you will in fact double the natural
history life expectancy of a particular
type of cancer
for instance lung cancer the natural
history is about a year brain cancer is
less than a year
uterine ovarian colon
breast cancer is two to five years
prostate cancer is five to eight years
well just by taking 250 micrograms
of the trace mineral selenium every day
one quarter of one milligram according
to the university of
arizona's medical school you can double
that life expectancy just by doing that
one thing and so if you take the other
antioxidants and give up margins and
fried foods and sugar and caffeine
and avoid as many of the agricultural
waste and the toxic waste from the
industry that you can
you will be able to avoid an enormous
amount of cancer and if you already have
cancer
doing other things such as taking the
antioxidants and getting on macrobiotic
diets and
and so forth you can add many healthful
years to your life you can certainly
have a better quality of life

and many people uh will extend their
lives in
a great way 10 20 30 40 years obviously
there's no way you can look in
somebody's eyes and say you're the one
that's going to live
50 years and so people just have to do
all the right things
and they're going to get the best that
can be gotten from nutrition
and the supplements dr wallick i've been
a diabetic for about 30 years
what can what kind of minerals should i
take to help me okay well first of all
are you
an adult onset type 2 diabetic or a
juvenile onset type 1 diabetic
juvenile onset type 1 you are insulin
dependent because the definition of a
juvenile onset type 1 diabetic is that
you do not make any insulin
and so you will never be able to wean
off of insulin you will always have to
take some insulin
but there are two trace minerals
chromium and vanadium that will make
the insulin that you supplement yourself
with very efficient
and most people who are juvenile onset

type 1 diabetics
are able to reduce the amount of insulin
they require to stabilize their blood
sugar
by supplementing with the chromium and
vanadium
normally a person learns how to adjust
their insulin by taking their blood
sugar once or twice or three times a day
and so you're taught how to adjust your
insulin intake
and just by following what you've been
taught as you supplement with this plant
derived colloidal and the chelated
chromium and vanadium
you will be able to get down to a new
dosage of
your insulin and the value of taking the
whole pig arthritis formula
is that there's nothing worse than
paying attention to your blood sugar
levels
your insulin intake and then dying of a
ruptured aneurysm because you didn't
supplement with copper or developing
cancer because you didn't supplement
with selenium
so it's very important even though
you're a diabetic and that is your
primary immediate concern

still over the long haul of being a
health conscious person
just out of necessity you're going to
have to supplement with all 90 essential
nutrients
and the odds are even though you're a
juvenile onset type 1 diabetic
you have every honest expectation of
living to be a hundred and symptom-free
if you do everything right
yes my question is on alzheimer's why is
it more prevalent today that
than it was 15 20 years ago well
actually
alzheimer's disease was a disease that
did not exist 40 years ago
alzheimer's disease even by another name
could not be found in any medical
dictionary or textbook or taught in any
medical curriculum it only became an
entity in
the medical literature in 1979 and today
it's apparently the number four killer
of adults united states over the age of
65 behind
cardiovascular disease cancer diabetes
and then comes alzheimer's disease
and it appears to me with no doubt
that it's due to what i call a

physician-caused disease because doctors
have
have encouraged people in fact demanded
that people give up saturated fat and
cholesterol and move towards
a cholesterol restricted or even a
cholesterol-free diet to get their blood
cholesterol
down below 200 and they have created no
less than
25 of these cholesterol deficiency
diseases and to me alzheimer's disease
is one of the big ones
75 percent of our brain weight is pure
cholesterol it's called myelin it's this
fatty stuff
that insulates each nerve fiber the
brain and spinal cord and we can only
make about 10 percent of our daily need
of cholesterol
the other 90 percent must come from the
diet and if a person
is very very good at giving up chicken
skin and red meat
and dairy and eggs like a doctor would
have them do after about six or eight or
ten years they're not going to be able
to keep up with the maintenance and
repair needs
of the cholesterol for the myelin and

the brain and spinal cord and so you can
just
expect that the person is going to
develop one or more of these 25
physician-caused diseases
including acquired seizure disorders and
alzheimer's disease
now the best way to avoid alzheimer's
disease is to eat a couple of eggs every
morning for breakfast not
cooked in margin or fried you want to
consume as much as 72 ounces of red meat
every month i know that sounds like a
lot but it's just a quarter pounder a
day
and you want to supplement with all 90
essential nutrients
and when you get to the the vitamin e
level you want to have
at least 2 000 international units of
vitamin e
and you want 500 micrograms of selenium
and if you do that even if you already
have alzheimer's disease you can expect
to have a significant amount of return
of memory
great study done by the university of
california san diego and the salk
institute

that says by taking 2 000 international
units of vitamin e alone
even if you have advanced alzheimer's
disease you can get a significant amount
of memory return
i remodel homes for families you notice
these little children
bouncing off of walls and what they get
for breakfast
and a snack after breakfast and then
lunch again
normally has sugar in it is there any uh
correlation here
with a.d.d absolutely back at the turn
of the century
1895 to 1900 americans were eating half
a pound of sugar per person per year
today it's 150 pounds of sugar per
person per year and somebody out there
is eating 300 pounds because
i don't eat any and i can tell you that
there's a direct correlation
between the increase in add adhd
depression
manic depression bipolar disease and the
increased consumption
of sugar and if you look at it there's
five million american children
school-aged children
who are on ritalin and prozac and

mipramine and other anti-depressants
in school five million drugged american
kids in the preschool
and elementary school simply because
these kids are sensitive to sugar
like many people are sensitive to
alcohol there's good alcoholics who just
kind of go to sleep when they have a
couple of drinks
there's a people who get boisterous and
sing loud irish songs when they take a
couple of drinks
and there's some people who get violent
and and very angry and become dangerous
to themselves and other people
child abuse spouse abuse they abuse
their neighbors road rage
is another way of looking at this life
threatening situations
people actually will gain criminal
behavior sometimes because
alcohol acts like a drug in them same
way with sugar
some people when they take in sugar they
have low blood sugar and they just get
drowsy and fall asleep
some people when they take in sugar they
get hyperactive and boisterous and and
actually 80d adhd

and then there's some people when they
take in sugar again we'll have road rage
they're very very aggressive and
reactive and can be dangerous to
themselves and their families and other
people in the community
and to me it's criminal for coca-cola
machines and and candy machines in
school
and then wonder why kids beat up on each
other shoot each other
well in addition to getting all the
sugar out of their life from sugar
frosted flakes and pepsis and
reese's peanut butter cups and candy and
and pop tarts and syrup on their eggos
they have to supplement with all 90
essential nutrients even little kids
from the moment they're born
to develop properly this includes their
emotions and repair and maintain
themselves and especially
lithium chromium and vanadium and
there's an enormous amount of research
in human beings
which show that lithium deficiency
results in
hyperactivity add adhd depression manic
depression
and criminal behavior and so they have

to do both and
you can avoid all this it's amazing just
within days they will be perfectly
normal little kids
my next question is my husband and i are
thinking about starting a family and we
want to know
the nutritional way to go okay that's a
great question
people always ask me when when do
children need to start taking vitamins
and minerals
and the answer is when they're still an
egg is when you want to start them and
so
we've learned in the animal industry
remember i'm a veterinarian as well as a
physician
we've learned in the animal industry
that we could prevent as much as 98
of all birth defects even ones that are
thought to be genetic in humans
simply by giving the females especially
the females
all known essential nutrients for that
species six months prior to conception
build up that female animal's body and
stores of these
essential nutrients so the embryo

implants in the uterine wall and
develops in an environment that has
optimal amounts guaranteed optimal
amounts of all the nutrients
and you will almost eliminate the
possibility of a congenital birth defect
related to a mineral or vitamin or amino
acid or essential fatty acid deficiency
to give you some idea of how successful
this is according to the university of
california san francisco right now in
america
one out of every 33 human babies in
america are born with some
physical or emotional or mental birth
defect one out of 33.
in animals it's only one out of five
hundred thousand if they're
fed these commercial diets that have all
the known nutrients in them
and so it's just very very easy to
understand well if we supplement
young women and men who are in the
childbearing years with these nutrients
that we'll be able to eliminate totally
eliminate
cleft palates cleft lip spina bifida eye
defects
heart defects hernias of various types
club feet no feet wet fingers and toes

no fingers and toes muscular dystrophy
down syndrome cerebral palsy cystic
fibrosis these are all preventable with
proper preconception nutrition so the
earlier
that a couple who wants to have normal
healthy children have a wonderful
uncomplicated pregnancy the earlier you
can get on all 90 essential nutrients
prior to conception
the better off everybody is hello dr
wallach
the women in my family are plagued with
hay fever and asthma and allergies and i
don't want to join those ranks
is there a better way absolutely let's
start with asthma it's the easiest one
to deal with
asthma is actually a deficiency of three
nutrients magnesium
manganese and the essential fatty acids
and by taking the pig arthritis formula
twice a day you're going to get the
optimal amounts of the plant derived
colloidal and the chelated
magnesium and manganese and then by
taking the minimum daily requirement
the nine grams of the essential fatty
acids and those three nutrients together

the magnesium manganese the essential
fatty acids
will allow you to produce what's called
prostaglandins prostaglandins are little
short-lived hormones that last in your
bloodstream 30 seconds 60 seconds and
your body is continuously making them
kind of rapid fire
and when you don't have those three
nutrients you cannot make the proper
prostaglandins to keep your bronchi
and your trachea open and that's when
you develop asthma and
it's very common when people take all 90
essential nutrients including the
magnesium and manganese the essential
fatty acids within weeks or months
the tightness this constant tightness in
their chest is significantly reduced or
maybe even totally relieved
the frequency and the severity of their
asthma attacks
is reduced i would certainly still keep
an inhaler available until she
you know in case you have some
unexpected emergency kind of like
wearing your seat belt even though
you're on a smooth flight you
you're not going to anticipate sudden
turbulence

you need to be prepared for emergencies
but
you have very honest expectation of
doing very well then
as far as inhalant allergies from dust
and pollens and
seasonal ones from dust and pounds and
maybe constant ones from danders and
cats and dogs and
chickens and feathers and your pillows
that kind of thing
maybe even chemicals that come out of
rugs and formica and new cars like
formaldehyde and
other chemicals you want to
get your immune system working optimally
so it can protect you from these things
because most people are able to
tolerate them and what happens is when
your immune system doesn't have enough
nutrition to function optimally
you become a victim of these things
assaulting you all the time
and so what you want to do is number one
take all 90 essential nutrients so
your immune system which includes your
liver and your spleen
your tonsils and your appendix your
thymus

your white blood cells which include the
neutrophils
and the lymphocytes and the killer t
cells and so forth also you have
eosinophils and basophils you have
neutrophils
all of these white blood cells you have
albumins and globulins which are the
the immune proteins you have antibodies
themselves
you have your digestive system your skin
your tears the mucus in your body all of
that
requires 90 essential nutrients to
produce this immune system which is not
just your killer t
cells it includes all of these tissues
and
and cells and organs of your body also
if you have
these types of problems you want to get
some of these hepa filters
at your workplace in your home when you
sleep you get the ones that you plug in
your car
you want to eat as much organically
grown food as possible you want to drink
filtered
water you want to get as much chemicals
out of your diet as possible

and reduce this pressure on your immune
system if you have food
allergies you want to have a five-day
rotation diet
you want to take the enzyme which has
the pepsin
and the betaine hydrochloride which will
help a person digest the
proteins down into single amino acid and
it's the proteins and the allergens such
as danders and
foods and pollens and dust that cause
the the
allergies and even can initiate an
attack of asthma
thank you you're very welcome is it
possible that you can take too much
that's a great question because people
are concerned about
overdosing with vitamins and minerals
the general answer is that if you look
at the
medical profession according to the
center for disease control
harvard medical school the u s news and
world report ralph nader
sydney wolf rand corporation and many
many other
well-respected institutions they say

that doctors kill 150
000 to 300 000 americans each year in
hospitals alone
as a result of medical negligence
doctors injure 1.3 million americans
each year
in hospitals alone as a result of
medical negligence and doctors infect
two million americans alone in hospitals
as a result of medical negligence for a
total of three and a half million
casualties inflicted on the american
public each year in hospitals
just as a result of medical negligence
on the other side of this picture
there's not a single person
who's overdosed in vitamins and minerals
and trace minerals to the point where
they have to be hospitalized or anything
bad happen
and so when you compare the safety of
vitamins and minerals and trace minerals
and
compared with standard medical
procedures it's enormously safe and
that's why i'm so excited about
nutrition
and the pig arthritis formula and the
plant-derived colloidal minerals and
that's the direction i'd go

dr wallach my 16 year old daughter has
been diagnosed with fibromyalgia
what can you do for her well it's
actually an easy one we eliminated
fibromyalgia in animals in 1957
and in sheep it was called stiff lamb
disease and also in sheep
and calves and foals with your baby
horses and chickens and turkeys and any
any other animal that was raised for
meat uh the disease is uh
caused by a deficiency of three
nutrients the trace mineral selenium
vitamin e
and the sulfur-bearing amino acid
methionine and there's two things you
have to do to deal with fibromyalgia
number one
eliminate the free radicals and the
trans fatty acids that actually initiate
damage to the muscle
and cause a scarring of the muscle
tissue which is very painful even normal
muscle movement
and you can understand why they call it
stiff lamb disease if you have
fibromyalgia
first of all you eliminate fried foods
such as fried potatoes

which are you know teenagers live on
fried potatoes right so eliminate fried
potatoes fried chicken fish shrimp
fried eggs tempura stir fry anything
fried
all margarine salad dressings with oils
in them have to be eliminated
and then again the pig arthritis from
was perfect because it has optimal
amounts
of the trace mineral selenium in both
the plant derived colloidal and the
chelated form
it has optimal amounts of vitamin e and
the sulfur-bearing amino acid
methionine and it just works like a
charm
very quickly within weeks or months so
they feel and they can recognize some
benefit and many people will get
significant benefit very quickly
dr wylik are baby formulas enough for
our babies when they're born
unfortunately not uh our our formulas
that we give to dogs whether it's kind
of like
science that dog food or the puppy or
kitten
milk replacers for puppies and kittens
you're going to raise by hand

have 40 minerals in them including the
minerals lithium chromium vanadium and
selenium
ralston prenatal laboratory rat pills
contain 28 minerals including lithium
chromium vanadium and selenium
there's not a single human milk replacer
on the market
on a off the shelf of a grocery store
that has more than 12 minerals none of
them contain lithium chromium vanadium
and only two
pro soybean enfamil have selenium in
them
and it's tragic that we give our dogs 40
minerals and our rats 28 and our kids 12
or less
you can begin to see why we spent 1.2
trillion dollars
for health care last year you begin to
see why we only live to be 75.5
half of our genetic potential for a
longevity of 120-140
why we only rank 17th in longevity and
19th in healthiness
simply because we don't get the basic
raw materials to develop properly and
maintain repair cells from the
very beginning i'll give you a tragic

example sudden infant death syndrome
is something everybody's familiar with
we eliminated sudden infant death
syndrome in animals back in the 1950s
because
farmers can't afford to lose two or
three or five or ten percent
of the baby animals are raising to
sudden infant death syndrome we learned
that it was due to a deficiency of the
trace mineral slim causing sudden death
in the most robust the healthiest
of the baby animals in in the group or
the herd of the flock
and we eliminate it simply by giving the
pregnant mothers selenium and as soon as
the baby is born or hatched they get
selenium
and if you look at the human infant milk
replacers on the market
only two of all of them put selenium
in the formula and so if i was going to
raise a child today
on these infant milk replacers these
infant milk
formulas in a can or a bottle or a box
i would pick the two pro soybean enfamil
that have selenium in them
and to stack things in favor of the
child i would still give them from the

moment they're born
a teaspoon for 20 pounds of body weight
of the bigger thrives from it twice a
day
obviously you may not want to use the
orange juice in a newborn baby because
they can develop allergies to it
but i would still give them the
plant-derived calorial and the chelated
minerals and vitamins and amino acids
and
the tragic example of this is 65 percent
this is a known fact 65 percent of all
the babies
dying of sudden infant death and drone
in america are being fed
canned milk replacers two-thirds of the
ones who die of sudden infant death
syndrome are being fed these canned
infant formulas
and i guarantee you they're being fed
the ones that don't have selenium in
them
and so absolutely it's important to
supplement these babies from birth
because you can't get everything you
need from your four food groups
certainly not out of these canned
formulas

great thank you

[Applause]

i grew up on a bee farm in missouri and

like everybody else that

raises livestock we raised a lot of our

own feed to stay in business

and we raise corn and soybeans and hay

and we grind this stuff up into a flour

and we'd add vitamins and minerals and

trace minerals

you make pellets you feed those calves

for about six nine months and then you

ship them off to be butchered or maybe

to

other feeders and you always save back

the very best ones for yourself and you

knock them in the head and eat them it's

a real

simple cycle on the farm and the thing

that fascinated me as a teenager was

that we went to a great deal of trouble

for those calves and yet

as a family we ate out of the very same

fields we'd keep back five rows of corn

for ourself we had a garden at the end

of the field where we grew our peas and

beans and squash and tomatoes and we

wanted to live to be a hundred with no

aches and pains

and we didn't give ourselves the very

same vitamins and minerals and trace
minerals that we gave the calves
and i always used to ask my dad i said
hey pops how come we go to all that
trouble for those calves and and not for
ourself
and he'd say shut up boy again farm
fresh food fresh share lots of free
exercise don't ask complicated questions
and i was glad to get rid of the farm
exercise and go to ag school at the
university of missouri
and there my major was an animal
husbandry nutrition my minor was in
field crops and soils
and i began to learn technical things
about soil chemistry and how it related
to tons and bushels per acre and ag
economics
but i didn't get an answer to my basic
question until i became a freshman
veterinary student at the university of
missouri and there i learned that the
reason why we put all these vitamins and
minerals and trace minerals
into animal feeds bottom line is because
we don't have insurance for them
we don't have blue cross blue shield
major medical hospitalization medicare

medicaid

and if we were to use a human health

care type of system for animals

it'd be sticker shock for you your

hamburger would cost you 275

a pound boneless skinless chicken breast

would be 450 bucks a pound

dozen eggs would be 50 just to pay for

the health care

so we learned that we could keep the

price of animal products such as

meat and dairy and poultry and eggs down

to where the average american could

afford them simply by

significantly reducing or totally

eliminating health care costs and we do

that in animals

by preventing and curing diseases with

nutrition well

after graduating vet school i went to

africa for a couple of years and got to

work with marlon perkins from the old

mutual of omaha wow

kingdom days that was kind of a kick got

to play frank buck used a tranquilizer

gun tromp all over central and south

africa for a couple of years

and then marlin sent me a telegram and

invited me back to the states

he'd gotten a seven and a half million

dollar grant from the national
institutes of health
and this was more than 30 years ago and
this was to study pollution and ecology
and the environment
and my job as the wildlife veterinarian
on the project was to do autopsies of
animals that died of natural causes
in the big zoos around the united states
and i was supposed to identify or find
a species of animals that was ultra
sensitive to pollution
and we're going to use that animal much
like the old coal miners used to use
canaries you know how that goes they
take the canary down in the mine
and if methane gas or carbon monoxide
were to leak in the mine
the canaries were more sensitive than
the men and would drop off the persian
die and long before the men were in
danger of suffocating or blowing up
well to make a long story short after
some 12 plus years of working on this
project and done some 17
500 autopsies and over 454 species of
animals
plus 3 000 human beings for a comparison
and what i

learned was that every animal and human
being who dies of natural causes
dies of a nutritional deficiency disease
and i got kind of excited about
nutrition again
and i wrote 75 scientific papers on the
subject
wrote chapters for eight multi-author
textbooks
actually contributed a textbook myself a
thousand pages
two thousand illustrations and uh
through the news releases that were in
the big universities i worked with i was
on twenty twenty
it was in seventeen hundred newspapers
around the world through the upi and ap
newswire services and with all this
public exposure
and with all this scientific exposure i
couldn't get people who are in a
position of authority
either in medical research or in
politics to get too
concerned or interested in preventing
and curing diseases in human beings with
nutrition
just like we did in animals well i got
frustrated enough i went back to school
in portland oregon became a physician

and i practiced there for 12 years as a
general family practitioner
and i sewed up chainsaw wounds delivered
babies
used everything that i learned in
veterinary nutrition on my human
patients
and it was no surprise to me that it
worked just as well in people as it did
in animals
you
welcome everyone
welcome thank you for being here tonight
uh we're in a real big treat to have
one of the greatest health
powers of knowledge in the world to
speak for you tonight
and some of you may have saw the ad in
the desert sun
we ran a couple of nice ads but dr
wallach uh
is just on the crusade always to try to
help
the uh everyday people like us to become
more empowered about health
and uh be able to uh learn how to fix
ourselves
generally he's a great researcher author
lecturer pathologist

and just a great human being he's trying
to help everybody he can
in the face of health and what's going
on in the world today so
without further ado dr joel wallace and
we bring you on
[Applause]
thank you pete appreciate the great
introduction
appreciate each and every one of you
being here all the near the holidays and
everything appreciate you
now just ask a couple of questions so i
know who i'm talking to so i don't have
to be redundant
how many of you have heard me speak live
before okay
all the believers are over here all the
new ones are over here very good
all right just like church
and then um
don't open them now while i'm talking
please all the crunchy crinkly stuff
give it back to him
all right later don't give out crunchy
things while i'm talking okay
save it for a break
potato chips are death okay um
i know there's at least one health care
professional in here any others yes what

do you do

okay very good and

where'd you go to school all right

fabulous

are you a seventh-day adventist okay

okay very good anybody else a healthcare

professional

yes sir chiropractor

love you guys whoa

what's your average age in death

that are chiropractors i screwed up

a lawyer oh my gosh we'll forgive you

forgive me lord all right um

appreciate everybody being here and just

for those who don't know me very well

basically the thing that makes my view

different on health is i have a degree

in agriculture

my major was an animal husbandry and

nutrition my minor was in fuel crops and

soils you learned about soil nutrition

and

plant physiology and that kind of stuff

i went to veterinary school became a

veterinarian

became a comparative pathologist got a

postdoc in compared pathology

worked with marlon perkins the old

mutual omaha kingdom days

in the center for the biology of natural
systems washington university
in st louis that one project was a nih
project
looking to see if pollution had any
impact upon health
kind of prevention kind of stuff and
actually wound up doing some 20 000
autopsy that one project
some 17 000 and some change in over 454
species of zoo animals and three
thousand human beings
uh did a second project in china with uh
dr milan
and we did one thousand seven hundred
autopsies on kids that are under age ten
that died of a single disease which
we'll talk about in a minute
and
again you'll know why later but i went
back to school and became a primary care
physician as a naturopathic
physician we've been licensed in
california for about
five years now my license in california
is zero
six one so i'm very proud of that i got
below 100 okay
now with all that said
um you've come here for some information

on health i'm assuming and what you're
going to hear
here h-e-a-r-h-e-r-e
what you're going to hear here is
something that's 180 degrees from what
you've been taught
this is based on the animal industry
because in the animal industry we don't
have health insurance and by not having
health insurance a veterinarian is
obligated
to cure the animal very quickly one or
two visits otherwise
the owner doesn't bring them back or the
farmer doesn't call you back they just
eat the cow eat the pig
they're not going to do a hip
replacement on a chicken you know that
kind of stuff
so you have to fix them very quickly and
there's no insurance to pay for
long-term therapy
and humans on the other hand the worst
possible thing that could have happened
for human
health is insurance you'll see why in a
moment
and it's the worst possible thing that
could have happened

and um so this is going to impact how
the presentation goes if you would
even though we have a small sort of um
intimate crowd here we have plenty of
time for q a afterwards so if you just
hold the comments and questions until
then
i'll be be sure that we get that done
people always ask me why do you come up
with the title dead doctors don't lie
back in 1992 i actually did a survey
through the
journal american medical association i
read 200 of those issues
of for like 10 years previous
added up all the obituaries in there uh
then divided by the 200
magazines and the average was 58 and i
said why would you go to a group of
people whose average lifespan is 58 to
learn how to live behind a helpful way
and so people say well well why is that
and i said well only dead doctors don't
lie
that's it just came out of my mouth so
that's where the title came from
let's go back to the beginning whatever
that was there's all kinds of argument
when the beginning was but in the
beginning when people began to ponder on

these things
everybody thought the disease was caused
by evil spirits if you burn enough goats
to the good
spirits they would protect you from the
bad spirits if you didn't burn enough
goats or some of your enemies would burn
more it goes to the bad spirits they'd
put evil spells on you get plagues and
disease and
that kind of stuff and even doctors
bought into that back in the old days
how long have human beings been around
well the bible doesn't really tell you
it just says there's a progression
the earth was formed and then the
gaseous stuff turned into water and then
there were plants and there were animals
and there were people
so we really don't know and a lot of
people will guess at various ages
i found it kind of fascinating they're
working and this just came out
december uh third of this year 2013
and what they did was they were digging
a hole in spain to build some big
building and they ran into a cave that
nobody knew about
they found 28 full skeletons and they

knew they were human beings because they
took dna the dna was still
recognizable because we had the genome
come out in 2001
and the dna in these 28 skeletons was
human
and they dated them using argon
and carbon dating 300 000 years ago
now would you believe that or not
doesn't bother me because i don't know
whether to believe it or not but that's
what their dating system said
all i know is that i believe that
everything on earth was created by god
so it doesn't matter
what we think about when it was formed
or it's it's all formed by him so who
cares of the date
but anyway they said 300 000 years ago
that's when they started thinking about
evil spirits
we know that there is
different types of human beings just
like there are today
and there's different you know species
or varieties or
types of dogs and cats and so for the
same thing
it's true of people and again from
skeletons they find in caves

and they do

dna maternal

um dna

and paternal dna and all this kind of

stuff they found out

that these guys were sort of

swingers they found that one

father was having babies from 20

different types of human beings

he was a traveling salesman probably

right and so that's kind of fascinating

i thought

that they could tell from the from the

female mitochondria who was doing what

and so forth back in those days in

certain areas

i thought that was kind of fascinating

then of course eventually people

began to believe in one god instead of

lots of gods and things

and they built huge structures

this is a one rendition of the tower of

babel

and of course this was meant to be where

people could pray and

knowledge was accumulated and so forth

and

these things all fell even though they

were grand edifices they fell

into just dust because they really
weren't the answer to to what causes
diseases and the other
but it was man's attempt to try and find
out and how to control those things
then religion really got into the deal
and there was a
there's a difficulty in determining
whether a person was a priest or a
or a physician a lot of them were both
in those days in the old days um
and so it was kind of interesting
and then again they found some wondrous
things
in these old caves some of these cave
drawings i probably should move this
farther up front
the old cave drawings are 28th are dated
carbon dating
28 000 years ago and
right after the second world war like in
1946
pablo picasso was taken in there in
these french caves
and he came out and he said and he's
crying he's weeping
with just humility he said those people
28 thousand years ago knew more than we
know
now just think about it the pigments

they put together
lasted 28 000 years hit the pager house
every five years
okay so they knew stuff now whether they
knew the chemistry or not probably not
but they knew that some stuff lasted and
some stuff didn't and they're quite
clever
back if that's true dating 28 000 years
ago some of them
different pictures they say went back as
far as 32 000 years ago
then people began to realize that there
were herbs and
all kinds of weird stuff that would help
people with health and
alchemy how many of you heard alchemy
okay this is where they wanted to
transmute
lead into gold that kind of stuff those
kind of people and they felt that if a
person
could learn how to convert these were
the spiritual ones these were in the
beginning before there were charlatans
and all that kind of stuff
but in the beginning they said you know
if we know enough to convert
lead into gold which is kind of a

godlike practice turning lead into gold
we should be able to come up with what's
called the panacea and the panacea
was the cure for everything that was the
goal of the spiritual ones in the
beginning the alchemist their whole goal
was to find the panacea
the cure-all thing the one silver bullet
that would cure everything
okay so that's what alchemy was about
then along came the early 1800s
two people one was called charles darwin
the other one
gregor mendel how many of you heard of
charles darwin okay good
how many heard of gregor mendel okay
well gregor mendel was an interesting
guy
he was a monk
and he a trappist monk and he lived on
these little farms
and the bishop picked him for whatever
reason
to run
hot houses so they could have peas
during the winter time
all the priests the catholic priests
wanted um
peas during the winter time so um gregor
mendel was appointed to run these hot

houses and grow peas
well he had several varieties had red
flowered ones and white flowered ones
and every once well pink flower ones
would show up and he'd breed the
pink flower ones back to the white
flowered ones and they would always come
out white
and he'd breed the pink ones back to the
red flowers they'd always come out
red but he'd breed two pink ones
together to get pink
and so he learned about recessives and
dominance in the early 1800s he didn't
know the words and
he didn't know the science and
everything but he was recording he was a
mathematician by training
and so he recorded all the stuff one to
four and all the stuff we know about
genetics today
uh gregor mendel came up with that in
the early eighteen hundreds darwin did
not know about him
the gregor mendel knew about darwin okay
and darwin most people don't know
about him although they've heard of him
they really don't know much about him
why was he chosen to be the guy to sail

around the world

on the hms beagle he was chosen he

didn't rent a ship

why was he chosen well

he was chosen to go around the world

because he had written several

papers and biology journals on the

polyps that make

reefs the british navy

had trouble with their ships in these

harbors

which were deep enough to be good

harbors for the ships but when a wind

would come

it'd blow the ships up on the shore and

uh uncontrollably erect them and all

this kind of stuff

and they read his stuff and they said

you know this guy can build artificial

reefs into these harbors

because he knows how reefs are formed by

these little polyps

he knew how they reproduced and how they

he knew the chemistry of how they

actually put together these reefs so

they hired him for two years to go

around

and build these reefs to protect and

shelter

these deep water harbors that the

british navy had their ships
and he was so successful at it they
hired him for another three years
so in the five years he was working on
the hms beagle he went around the world
five times
nobody even christ didn't go around the
world five times
as a human being christ only stayed in
the middle east right well here's this
guy
goes around the world he sees things
that nobody else on earth has ever seen
he writes them all down he collects bird
eggs
they've been cracked open the bird
hatches out he cracked you know he
collects the bird eggs he gets to
he shoots them and and taxidermies them
and he saves feathers
he collects all these plants he was a
botanist and a burger and all these kind
of things
he was a farmer he was he went to
medical school i mean this guy
was very knowledgeable he was one of the
first people they call a polymath how
many of you heard the term polymath
okay good well darwin was one of the

first people called the polymath because
he was an expert in so many different
fields they chose the right guy they
didn't know it
but they chose the right guy to make
these trips and you would see stuff like
this
the chin strapped
breed of penguins in the antarctic
the southern islands in the atlantic
just below the antarctic circle
or just above it depending on how you're
facing right
it was just a miracle he'd see this
stuff and from
a farmer from england to see stuff like
this just blew his mind
and he's he's collecting these things
and you know killing a few and skinning
them and
taxidermy and putting all together and
he realized
that no matter what it was whether it's
penguins or giraffes in africa
or human beings and different types of
human beings from the island people and
so forth
that everybody passed on information
get two redheads they'll always have
red-headed kids

now if a black-haired person has a baby
with a red-headed person those kids will
always be
black-haired unless the black-haired guy
had a relative way back
that was red-headed and so every fourth
baby would come out a redhead
and so and he and charles darwin is kind
of like
gregor mendel with his pea plants as
they say the gregor mendel knew about
his stuff
but he but darwin didn't know about
gregor mendel so all this is kind of
happening
and the information being collected he
wrote it up in papers
and then of course darwin wrote his
famous book right the origin of species
now darwin when he wrote the
origin of species which is in the early
1800s 1838 something like that
his cousin a guy by the name of francis
galton how many of you heard of francis
galton
oh bad guy okay now francis galton
started something
he started a a kind of pseudo-science in
the beginning where he was measuring

people's heads and
trying to determine their intelligence
and that kind of stuff but he called his
scientific eugenics how many of you
heard of eugenics
okay well eugenics make a long story
short wound up being this
okay now remember hitler was trying to
make the perfect race
by killing off all the ones that were
imperfect for whatever reason
that was galton's theory because galton
was darwin's cousin
he was a very wealthy guy he dropped out
of medical school twice because
he inherited the farm he inherited his
father's money he says why should i be
looking at people's hemorrhoids
i'm a gentleman farmer so i'm going to
do something else we came up with a sign
saying you know
we can speed up human evolution
because he knew about selective breeding
for cows and horses and sheep and pigs
and chickens and stuff like that
you know you have a cow that doesn't
give much milk you eat her
you have a cow that gives a lot of milk
you save all her female calves and breed
them in hopes of

getting that information more cows
giving more milk kind of thing
that's called selective breeding he says
we'll do that with humans
and he was sort of a compassionate guy
so he didn't start out killing people
but he started out with a with a a
dating club is what essentially it was
the first dating club and all he wanted
to come to these dating clubs he invited
him through the newspapers and that kind
of stuff
didn't have the internet and radio he
just threw newspaper ads
he had this dating club and all he
wanted to attract was tall
blond-haired blue-eyed people kind of
sound familiar
now and by
1904 1910 in there
every state united states had a eugenics
office in every state
federal government had a eugenics
department
and between 1895 and
1930 the american government
paid doctors to forcibly sterilized four
hundred thousand americans who they
considered feeble

feeble-minded illiterate uh people who
had birth defects people who were
habitual petty criminals you know
shoplifters and kind of stuff like that
and the sheriff's to go out and grab
them take them to the doctor give the
doctor a 100
bill and they sterilize him doctors
loved it
they were willing participants they
never said now wait a minute here you
better show me a court order
they just took 100 bucks and cut their
testicles off or
did a hysterectomy on them four hundred
thousand americans were forcibly
sterilized
every country in europe had a eugenics
department
it kind of went crazy well hitler was in
jail for 20 years
and guess what he read in that 20 years
in jail all of france's galton stuff and
all charles darwin stuff
when he came out he was an expert on
eugenics
and he wanted to build germany into the
perfect race because we had cut germany
up after the first world war so it could
never be a world power again

germany used to run before the first
world war all the way from
from russia all the way to spain
all the other countries like
czechoslovakia and hungary and poland
were
provinces in in germany
germany was the biggest european country
in europe it was huge it was bigger than
all of them combined
and that's why they were so powerful
well they broke them up you know the
league of nations after the first world
war so that would never happen again
well they're all starving and so it was
easy when hitler got out of jail
the the kaiser made him chancellor
without even an election
he says hitler save us
the other said i will we just have to
get rid of the riffraff
he starts killing people
we have to take over the world why
i have radio interviews of him i have
all his
speeches he used to give to his troops
he'd say things like
if we superior people don't take over
the earth the insects will wind up

eating us all
so we have to kill out the ones that are
inferior and only breed those that are
superior
because you've been reading francis
galton stuff and charles darwin's for 20
years in prison
okay so that's where this came from
i think you get the picture here so
we're going to get into the science now
but i just want to kind of give you that
little background and you'll begin to
recognize some of the stuff as we go
through here based on everything i just
showed you
this is a cover article time magazine
came out in december of 2008.
we americans each year according to the
world health organization according to
the center for disease control
the department of health and human
services the federal government the
senate the house
we spend more money each year for health
care than all the countries the world
combined
there's 204 nations registered in the
united nations
we spend more money for health care each
year than all the world combined

what do we get for it we're 92nd and
healthiness there's 91 other nations
whose peoples are healthier than us
we're 60th in longevity there's 59 other
nations whose peoples
live longer than us and god forgive us
we rank 41st where comes the live births
and first month survivability of our
babies
you wouldn't tolerate this in any other
industry the reason why you tolerate it
is because there's insurance why should
i spend two bucks out of my own pocket
when insurance will pay for everything
i don't care if it kills me or killed my
mom and three of my kids
it's free and soccer to me
give it to me
you know when you put a new roof on your
house you get three bids don't you you
check the better business bureau to see
if there's complaints about their
services you put rugs in your house you
get three bids and you check the better
business bureau
get landscaping done they're putting in
sprinkler systems you get three bids and
you're called a better business bureau
your doctor who's been your doctor for

20 years says you know you got a bad
heart i'm going to cut your heart out
and put some dead guy's heart in you say
okay insurance will pay
is that insane or is that insane
well the title of this article is the
sorry state of american health
despite advances in medicine despite
technological advances in medicine
americans are less healthy than we used
to be remember this is
december 2008 five years ago
despite advances technological advances
medicine americans are less healthy and
used to being the most important part of
the sentence is
in the next notice your kids are going
to be worse off now raise your hand if
you've heard that our kids are not going
to live as long as us
okay that's at least 60 70 of the people
in the room
now that's a horrifying
thought to understand that according to
all the records
it shows that we rank 41st in the world
despite all this money we're putting out
we rank 41st in the world for live
births and first-month survivability
babies and that doesn't include

abortions or anything like that that's
just natural births and so on
and what they're saying is 75 of
american couples who have babies
are going to be standing at gravesite
burying their babies
i cannot imagine a more horrifying thing
to contemplate is to be bearing a young
child
from something was totally preventable
just you don't think i'm giving you
screwy numbers i threw this one in
october 2011 in ranking of live births
and newborn deaths we rank 41st
they said it's usa shane now that's
absolutely positively not true
you put up more money than all the
countries in the world put together
it's not your shame it's the providers
of the services
shame
veterinary record is not that bad
somebody needs to go to jail okay
the reason why this happens is there's
no consequences
1914 exactly 100 years ago there was a
report it was commissioned by the
rockefeller institution
and the carnegie institute

it was called the flexor report the flex
report was
a report that was made by a retired
college president
who was hired by the rockefellers and
the carnegies to go around look at all
the 132 medical schools
and classify them they found that
out of 132 of them 100 of them
were herbal schools homeopathic schools
chiropractic schools
that kind of stuff he said you know
they're just hokey pokey schools the
real schools the 32 that are left
the medical schools are the ones that
use prescription drugs of course
rockefeller like that because they're
all made out of petroleum right
he liked that and so they didn't hurt
directly the hundred homeopathic schools
and herbal schools and the official
schools and
that kind of stuff but what they did do
is pour millions of dollars which is
like trillions of dollars a day they
poured millions of dollars
in these 32 medical schools and all the
students went
that direction that's where all the keen
new tools were that's where the best

professors were that's where the money
was at they everybody got a grant to go
there for nothing
because the rockefellers and the
carnegie's are saying hey when they get
out of school they're going to get our
prescriptions out there to the public
well that time at that time put your
keys in your purse because you're
rattling your keys
could you move one more mouth please
yeah you need to move this way too
because you're in front of the camera
thank you thank you
so you'll have to edit that
um so basically
100 years ago almost to the date not
only did the
what we would call orthodox medical
schools
get all this money and and rose to the
top not because of skill
and benefit to their patients just
because of money they also legislated
themselves
into being a protected monopoly they're
the only legal monopoly in america is
the medical school
md medicine they're the only legal

monopoly in america
everybody else is a quack just ask them
by legislation they legislated all their
competition all their legitimate
competition into being fifth class
citizens citizens
insurance doesn't pay for quacks and
fifth class citizens they only pay mds
when you look at the military you look
at the government they only recognize md
so we have this huge problem
because the skills that one md has are
similar to the skills that another one
has
there's not much difference between them
and so it doesn't matter if they're a
nice guy and they go to church
that's meaningless because they all use
the same medicine
i'll use the same procedures so there's
no options
and that's why we're in trouble okay
now remember we already all agreed or at
least 70 percent of us agree that
our kids are in trouble because if you
think we're in trouble our kids are
a thousand times more trouble we are the
age group this has the fastest growing
rate of ms multiple strokes says our
kids under the age of 12.

they're now diagnosing ms in kids under
the age of two 16 months
18 months historically it was a disease
of 35 to 50 year olds middle-aged people
what's going on here well this is free
radical damage to the
myelin the insulation material in the
brain and
after school grandma takes
the six-year-old or the 10 year old to
one of these fast food places and gets
them a shake
it's not a milkshake it's made out of
oil it's you know one of these
soft serves shakes it's oil
free radical damage it oxidizes turns
into trans fatty acids and
screws up their brains so now grandma is
the one who's inflicting
out of ignorance she's inflicting ms on
these little kids because they're free
radical damage to their brains
here's a nascar driver he and his three
brothers and sisters
all have ms it's not genetic but his
mother
made sure they all had salads and put
olive oil in everything
olive oil coconut oil trans fatty acids

free radicals bam you have ms
the whole family's got it because mama
insisted they eat salads
and make sure they put lots of vinegar
and oil on their salads
but but but but my doctor said that was
healthy well your doctor only lives with
56 why would you believe him
when it comes to stroke the age group
that has the fastest growing rate of
stroke in the united states are kids
under the age of 18.
stroke is not genetic stroke doesn't
just happen it's not the bad god on mars
creating stroke because you didn't burn
enough goats to him
the reason why people have strokes is a
simple deficiency or a ratio problem
between omega-3s sixes and nines
how many of you supplement your
two-year-olds with omega-3s
i don't see any hands going up one maybe
it's your responsibility because doctors
know nothing about nutrition nothing
you're better off asking a hobo under
the bridge whose dumpster diving behind
mcdonald's
when it comes to nutrition because he'll
live longer than the doctor
as crazy that sounds they live longer

than doctor

now the fastest growing disease today in

the industrialized world in kids

is rickets it's a physician cause

disease

let's see stay out of the sun get skin

cancer

put on spf 7 billion sunblocker long

sleeves

gloves big brim hats shades

don't go out after nine in the morning

you stay inside until after dark

stay inside doing your twittering and

texting and making you know all your

computer stuff

don't you eat egg yolks because you can

get cholesterol damage your heart

that's where you find vitamin d3

naturally don't you take vitamins and

minerals

because you can overdose

this is a physician-caused disease it's

a perfect storm everything doctors have

told you about nutrition

is the cause right now of every

industrialized nation the worst

possible nutritional deficiency disease

in kids is rickets

records the 21st century

because doctors know nothing about
nutrition
now i want to talk briefly about birth
defects i'm going to take out my jackets
because they're warming up in here
or i'm getting warmed up one together
um
no that's fine thanks i would get no
wrinkles stuff
i travel so much i only get no wrinkle
stuff
at any rate
there's about 500 birth defects
congenital events none of them are
caused by genetics
there's not a single birth defect that's
caused by genetic transmission not a
single one
we've learned as an animal industry we
can prevent every birth defect you can
name and ten times that many
can by giving perfect preconception
nutrition to the females
in humans we wait until they missed a
period or two you know i might be
pregnant go and get checked out yeah
here's some prenatal vitamins well six
weeks has already gone by
that embryo has been at risk for six
weeks

somebody needs to go to jail it's
usually the ob gyn
because there's no consequences to a
failed pregnancy what if
every time an ob gyn was in charge of
ladies health and female problems
and he said okay i'm going to be in
charge of your pregnancies
and there's a baby barn with a defect
there should be a penalty for him
throw a few in jail hang a few guess
what i guarantee there wouldn't be any
more brief birth defects after that
but now there's no consequences so they
don't care
let's look at homosexuals and gay
behavior
let's look at
another class of
sexual problems what about intersex how
many of you heard of intersex not
intercourse but intersex what about um
hermaphrodites that's another name for
intersexes hermaphrodites they have both
the male and female parts
and back in before the days of the um
ultrasound where they could look now
they can look at a baby at three four
months along they can tell you the

gender

or if they're a hermaphrodite back in

the old days they had to wait till the

baby was born what is it

oh my god just both

what would they do well first thing they

would do is take a blood smear

they'd look for bar bodies bar bodies

show up whoops

that's a russian version bar bodies

would show up in the females

okay there's these little dots from the

inside of the nucleus particularly white

blood cells

these little spots here you can see the

arrow pointing some are called bar

bodies they don't exist in the male xy

but they exist in females xx because

they

represent uh one of the two x

chromosomes

and so when they would you know the

baby's still being wiped off in the

delivery room

they take the bloodsphere they run in

look under the microscope they say okay

there's bar bodies there

genetically this baby is a female which

is true

so they cut the penis off cut the

testicles off and they do quit a little
plastic surgery to make them totally a
female
oh baby's 10 years old up here the
baby's
a boy because there's two things going
on when it comes to sex one is the dna
what you are and then there's the
pre-optic
hypothalamus which covers eating drives
depression sexual drives all that kind
of stuff
and when you have a a child that's born
from a
congenital event let's call it a
congenital event
if they're a homosexual or a gay male or
a lesbian woman
they have about thirty percent of the
cells
that a heterosexual has in that
pre-optic
hypothalamus you can actually count the
cells you don't even need to know
anything else you just count the cells
and they're below a certain level
they're going to be lesbian or gay
because mama was missing something in
the first three weeks of pregnancy with

that part of the brain was being formed
ob gyn didn't warn her she's out there
having a great time
one out of 700 babies is born with
sexual problems
it happened in the first three weeks of
pregnancy it's not a choice it is not
a choice they're driven to be homosexual
gay or lesbian
from the time they're three weeks old in
pregnancy
you can't pray him well because it was
determined that three weeks
is an embryo do you understand what i'm
telling you
is based on 600 autopsies of gay and
lesbian people
so i love stuff like this
this is a brilliant move i don't agree
with most of
president obama's stuff his policies but
this was beautiful
the russians have a big thing against
gay people so who's he
sent over there for the olympics to
represent us a gay athlete i love it i
mean
that was a brilliant move these people
are wonderful people
right there's 10 times more heterosexual

um what am i talking about
heterosexuals who are pedophiles
pedophiles
there's 10 times more heterosexuals who
are pedophiles and there are
gay people okay so you can't say well
there are pedophilia you can't do that
because it's not true okay so i thought
this was a brilliant move
and i was up in canada this is a
wonderful tear jerking story here's two
guys
they're married for 65 years one died at
94 the other one died at 96.
two old uncles they just harmless and
you know just were great members of the
community and church members and did all
kinds of things for the rotary club and
the lions club and all that kind of
stuff
and how can you say anything wrong with
him
they're just wonderful human beings your
mama just screwed up
why because the ob gyn screwed up
now for those who don't know a lot of
neuroanatomy
this is kind of a rendition of a human
brain

so i can clarify this for you here
one here the hypothalamus that air was
pointing right to the pre-optic
hypothalamus the part of the brain
that's
underdeveloped called hypoplasia
which means underdeveloped
and when it's underdeveloped they're
going to be a homosexual
male or a gay male or a lesbian female
is predictable to gravity
you can count the cells you know okay
now i do want to jump in here for a
moment
i let somebody copy these things and
they bent them all up so i'm never going
to let that happen again
okay but i do want to show you a couple
more things here when it comes to
congenital
events in the human brain
i think it's important for you to know
this because we're the parents and
grandparents
it's not god versus science
because god invented everything even
science right
1953 these two guys one guy
was an american james watson the other
guy was a british guy

francis crick watson crick 1953 they
came up with the
double helix structure of dna nine years
later in 1962 they got the nobel prize
for it
they really thought they had had it
figured out they said we now know what
god
knows about humanity was our quote
all we have to do is is be able to
figure out how to make the
normal gene replace the bad gene we can
cure every disease
of course here's a chromosome really
cool
these are telomeres those will become
important a little bit later telomeres
okay these determine how often this
chromosome won't be able to duplicate
okay as they duplicate these get sharper
and sharper and one of the things for
longevity is to figure out how to keep
them from getting shorter and sharper
okay so remember that
but
back in the old days rich people royalty
very wealthy merchants used to make
collections of
birth defects cleft palate cleft lip

spina bifida

hydrogen cephalocele the brain was

hanging out of the head

too many fingers not enough arms and all

that kind of stuff they would save them

and bottles of wine and alcohol and

stuff kind of a collector's item

my collection is bigger your collection

kind of thing you know those collections

of 30 thousand

babies like that 60 000 babies you find

them in all the european medical schools

they go back thousands of years those

collections

how many of you have heard of identical

twins now come on my ass

again raise your hand how many okay

that's better identical twins

they think identical twins would be

identical but they're not dna-wise are

identical

dna-wise are identical you can't tell

the difference you do dna testing

they're exactly the same when you look

at them these two look like

sisters to me they don't look identical

this one's an inch shorter than that one

this one's face is wider this one's face

is longer

um you know she's sharper her face is

longer look at that

this is kind of a crazy situation their

hairlines are different

and so they look like sisters to me this

one being the older one

would be my guess if i didn't know

they're identical twins this whole issue

the national geographic goes into this

it says twins

alike but not alike

this goes back to the term epigenetics

how many of you heard of epigenetics

okay a couple of us okay epigenetics

you'll learn that term

okay epigenetics are things that

influence how your genes

perform okay your genes do not

sit in isolation you can't take a

handful of jeans and throw them in

these would be perfect jeans and just

duplicate perfectly right

you take a handful of these perfect

jeans throw them into a bucket

of saline solutions say okay jeans go to

it

duplicate you're gonna be like the tar

baby they ain't gonna do nothing

because they need raw materials

substrates they need energy

right they need all kinds of stuff any
cofactors make things work
any of those things missing they don't
work
you put food on a table this twins can
eat differently than that one even
though the same food is on the table
i don't like icky broccoli oh i love
broccoli you know kind of stuff
and so they affect how their genes will
react
based on what they're eating or not
eating
now the first 91 days of pregnancy
everything is formed the embryo the
human embryo the animal embryo is moving
along assembly line kind of like the
ford cars
and if the guy who's supposed to be
putting on the
the fuel pump into the engine you know
has to go the bathroom you
take a pee he goes back in the back and
he doesn't stop the line doesn't say hey
come fill in for me while i'm doing that
he might come out and 15 cars are going
by then
so at the end of the line there's 15
cars without a fuel pump
because one of the pieces was missing

during that time
right well the same thing is happening
to human babies
after the first 91 days when the baby's
farming everything else is just growth
by 91 days you got what you got there
ain't going back
there are some exceptions but not many
now sarah palin whether you liked her
politics or not she was a sexually
active
woman who is over 45 years of age
very high risk of having a down syndrome
baby
now her ob gyn should be put in jail
forever
because he should have said to her you
know sarah you're gonna be on the road
out there
eating hotel food and rubber chickens
and all this kind of stuff
you'll be taking some serious vitamins
minerals because at your age you're
still cycling you're sexually active
you better be taking the 90 essential
nutrients you better be taking all known
essential nutrients
otherwise you're at a high risk to have
a baby with down syndrome the ob gyn

never said that

never offered her any advice and so

guess what happened to sarah palin she

had a baby born with down syndrome

that ob gyn should go to jail then that

would never happen again

but there's no consequences even for the

governor of alaska even for the

vice presidential candidate in the

united states her doctor screwed up that

bad

and he didn't lose his license didn't

have his license suspended for three

seconds

wasn't fined as much as a traffic ticket

there's no consequence this will happen

over and over and over and over

oh just what bad luck no it's bad

or lack of advice

you wouldn't tolerate that kind of

service from anybody else from any other

industry

in the old days they'd be burned at the

stake

the doctor had been burned at the stake

in the old days

a couple more and then we'll get back on

the track here but these are too much

fun

oh here's the ones i've been looking for

the human brain
as it's farming this is three weeks of
age and this is when
homosexuality occurs at that three week
to four week level
in here the hypothalamus is forming and
as the brain is going down the assembly
line to get to this at
six months of age it requires a lot of
stuff i'm one of the guys that sued the
fda over folic acid
without me soon them back in the 90s
they still wouldn't have folic acid and
prenatal vitamins there'd still be a
high risk of spina bifida
i'm one of the guys that suit him for
that okay
and so i'm very familiar with this kind
of stuff
cerebral palsy totally preventable
this is an underdevelopment of the
cerebellum the part of the brain that
deals with the fine motor movement and
you'll notice that people with
um cerebral palsy is kind of a
spectrum you get them that are barely
affected and it takes a professional
neurologist to tell you that they got
cerebral palsy i mean they might just

kind of walk funny and you think god
that kid's already dancing but they
already have some early stage of
cerebral palsy now when a child is born
obey a normal baby six seven eight
pounds
their cerebellum is part of the brain
that affects fine motor movement
should be the size of a small tangerine
when they have
cerebral palsy that cerebellum could be
the size of a plum
which is like 30 smaller they're going
to have cerebral palsy
or they could be size of a walnut which
is 60
smaller they're going to have this type
of cerebral palsy oh he's got cerebral
palsy kind of thing
and then you get this 11 year old girl
who has catastrophic cerebral palsy the
only thing she can move is her eyes
it cost a million dollars a month to
care for her
between all the physical therapy and the
speech therapy and this therapy
and feeding tubes and enemas because she
can't have a bowel movement all this
stuff
plus you know a hundred thousand dollar

machine so she can
kind of with one finger move herself
around run over the chickens because she
can't steer it very good and all that
kind of stuff
this because the mother was missing just
a few pennies worth of stuff before
pregnancy
somebody needs to go to jail here this
just goes on and on and on and on
now her cerebellum you can actually look
the cat scan
size of a p
her mother had severe deficiencies for
longer periods of time so that piece
went down through that 91 days and never
got enough to develop
and again for those who don't know the
anatomy
there's a cerebellum right here okay
this is this piece here
that's a piece that doesn't develop when
you have cerebral palsy
varying degrees of severity
this is one of my favorite slides
everybody knows about belly button
hernias this kid is born with one the
size of a walnut
you give me a hypnotic not enough to put

them under general anti-seize but just
enough to make them kind of
drug induced intoxication you give them
some local anesthesia and 10 minutes
time this is easily dealt with
but here's another belly button hernia
this one probably mama was missing some
zinc for a week
as the embryo goes from a disc into a
tube and this piece didn't get
zippered up during development well
here's one these two
next two were on the autopsy table these
are i'm a pathologist so i see crazy
stuff like this
this one there was no skin over the
belly button hernia
and the stomach and the spleen and some
of the intestines were hanging out
of course it cost that childish life it
was a perfect baby perfect
baby nothing wrong with that baby except
a little belly button hernia
and the muscles incarcerated that that
um
circulation all that stuff and the baby
dies of circulatory shock
during the birth process
here's one that's really wild
same thing on the autopsy table here the

liver the stomach the spleen all the
intestines are out
that's a catastrophic belly button
hernia
totally avoidable the ob gyn didn't have
his
license suspended for three seconds
didn't have to pay a parking ticket
gotta walk
now if a mechanic scratches your car
well you should rotate the tires you sue
them
all this was just an act of god no it
wasn't
it was a failure of the system
same way here you can find a good
christian doctor
who would volunteer his time to sew up
these kids you can go to the save the
children
fund and get the 250 each for the
anesthesia and the suture material
but all of this is totally preventable
rich women poor women middle class women
all have babies with cleft palate cleft
lip
it's a simple nutritional deficiency in
the embryo when it's closing up as a
tube

how many of you heard of babies being
born deaf congenital deafness
very common it's a deficiency of a
single mineral manganese
i don't know there must be 200 studies
on this back in the 50s and 60s
we know for a fact as predictable as
gravity
you can prevent congenital
deafness and certain types of things
that would look
like cerebral palsy called congenital
ataxia
because the semicircular canals in the
in the
ears are all damaged from a lack of one
mineral
manganese not magnesium but manganese
a lot of prenatal vitamins don't have
manganese in them well here's what the
medical system is looking for
they're looking to decode the genes
there's a hundred papers
that show very clearly that this is
caused by manganese deficiency in the
first few weeks of pregnancy
they're looking for the gene why because
that's where the bucks are at
another one of my favorites and we're
going to take a after they clear up all

these terrorists in russia we're going
there
beautiful little kids in this little
village in russia
each year 50 of the kids there born
with 100 percent of this birthday effect
you'll know what i mean in a second
25 percent are born with 25 of this
birth defect and the other 25
are born with a different type of
variation on this birth defect
the doctor is there telling us it's a
genetics caused by
radiation from the power plant 700 miles
away
you know that's a scientific word kaka
now most people look at these kids
they're so cute you don't really see the
the birthday effect at first but each of
these kids is missing their left forearm
in that village 50 every year they're
born with both forearms missing
25 percent are born with their left
forearm missing 25 are born with the
right forearm missing
the genics don't work that way now
they're all
born with the right forearm missing you
could say well it has the possibility it

has a look of genetics but i guarantee
it wouldn't be but
you know you could say that with this
variation it's not you just fourth grade
biology you know it's not
you need to spend millions of dollars
trying to do tests okay
and so in the near future maybe when i'm
100 years old we'll retire
and we'll go to russia and we'll take
enough nutrients for all these sexually
active women who are in the
childbearing years and give them a year
supply this stuff
and that year there will never be a baby
born with that but i guarantee you
the special nutrient called zinc is
missing in that soil
this is type of limb deformities are
caused by a zinc deficiency
somebody needs to go to jail
now you know there's all of these
genetic screening tests there's 850 of
them
these biotech companies i mean there's a
lot about tech companies in california
come up with all these tests for genetic
diseases right
there's a whole class of people now
called patients in waiting how many of

you heard of patients in waiting
these are ones that are diagnosed 10 15
20 30 40 years ago
diagnosed with one of these screening
tests as having this birth defect and
they were going to die within a year or
five years or develop the birth defect
here we go 40 years later and they don't
ever get it
this little girl does she look bored
even her dog looks bored
she's waiting her parents won't let her
do anything because
they were told that she had the genetics
for cystic fibrosis
nap didn't happen
one more and then we'll move on to the
stuff that you came to hear but i think
you as parents and grandparents you need
to hear this
because when presents are due giving
somebody a 50
macy's gift card is nice it's not going
to protect your kids and grandkids from
these types of problems
you better be giving them the 90
essential nutrients
that'll be best you'll add 25 to 50
healthy years your life you'll prevent

all these birth defects
you're going to have to do it because
the medical system is not going to do it
the government's not going to do it
you've got to do it if you don't step up
to the plate and shame on you because
you can't unlearn what you just learned
tonight
okay this be the last one because you'll
get the drift
this fella here an eye doctor a very
successful eye doctor very
you know he's an elder in the church and
all this kind of stuff and
filled in for the pastor good christian
man uh
had family uh he volunteered his time
for the lions club and
raised money for eyeglasses and eye
surgeries and all this kind of stuff and
did the rotary club and et cetera et
cetera et cetera
it was youngest child i reached 18 years
of age
he went to denver and had plastic
surgery became a she
up here he was a she
a pre-optic hypothalamus he knew that
when he was six years old
but down here he was a male

he was genetically a male but because

mama was missing something

up here he was a female

so went ahead the surgery became a

female

had to go to federal court to be able to

play tennis in a

in a world league as a female

because he had the dna of a male

but he won in court kind of interesting

stuff

kind of wild stuff makes you think

doesn't it

yes exactly and i know

i know the guy who paid for him gave him

a grant to go to

to uh school to become an eye doctor

he's one of my p he's a billionaire is

one of my patients

okay how many ever heard of aarp

okay this is

an issue their monthly bulletin cover

article march 2012

year and a half ago the worst place to

be in america when you're six is

american hospital

i'll show you why they say that i took

two things out of the article

so you know where they're coming from

the number of american patients who die
each year from american hospital errors
is four
the same as four jumbo jets crashing
each week they said it's 1500 people
that's 3 000 every two weeks is six
thousand a month seventy two thousand a
year
how many of you would fly commercial
airlines if you knew that they killed
seventy two thousand passengers every
year
nobody would fly and yet you still go to
a doctor
now you think about it they kill
72 000 their customers every year from
just simple mistakes
hello they don't even get their license
suspended for three seconds nobody goes
to jail they don't get a
parking ticket
people say well like why are you so
rough on doctors my wife is a
microsurgeon from harvard for god's
sakes
why am i so rough on doctors well if
they didn't give me the material i
couldn't do it could i
this is not my figures newsweek magazine
cover article

one word that will save your life in a
hospital in america
is a two-letter word that every
two-year-old knows no
you failed four rounds of chemotherapy
we have this new experimental drug we
want to use on you
no how long do i have to live well
without this drug
might live two weeks good send me home
if you only have two weeks to live
wouldn't you rather be in your own home
with your own bed with your cat on your
lap your grandkids hugging you you're
passing on your advice to them
instead of dying in the hospital being
poisoned by a bunch of money crazed
doctors
doesn't make better sense if they say
only have two weeks to live say bye bye
boys and girls i'm going home
so i can hug my grandkids instead of
your grandkid comes to see you
in the hospital they say honey you can't
see grandma right now she's busy being
killed by the doctor
this is my favorite of all favorites
because they list the source of all
their information

this is a full page article in the usa
today came out february 5th 2007
and the the information was based on
the basis of the article the title
self-evident here patient protect by
itself
um and the they said the sources and it
came from the
institute of medicine the general
american medical association
the center for disease control a federal
agency that tracks all this stuff i mean
we're talking
extremely respectable stuff the general
american medical association is the most
reputable medical journal in america
maybe even the world most highly
respected i mean even if you don't like
doctors you got to admit to that right
so that's where they got the information
from what they said was in this it was a
full page article i had to chop it up to
get it on here
they said each year in america each year
in america each year in america yearly
american doctors kill injured in fact 15
million customers at workplace
they kill injured infect 15 mil of their
customers in their workplace
american doctors kill injured infect

more people each year in america than
the mafia has in a thousand years
you're quiet because you get it
let's see this one is from wednesday
november 2012.
johnson johnson to pay 2.4 billion in
hip implant suits
this represents 10 million hip
um implant patients
why on earth would you get a hip implant
insurance pays
as i say the worst possible thing for
human health in america was the
insurance system
it causes this the attractive people
your doctor says well you're not you
don't fit that profile you'll be fine
okay
you die during surgery or you get an
infection they amputate your leg at the
hip
or the thing breaks apart in you they
have to go back in there and deal with
it
unless you get twenty thousand dollars
yahoo
it's another one my favorites because it
deals with animals and people remember
i'm a veterinarian and a physician

this one is from the center for disease
control at federal agency again the
traxxas kind of stuff cdc
remember i said earlier that according
to the general american medical
association the center for disease
control
each year in america medical doctors
kill injure and infect 15 million
customers or workplace
infections in hospital this does not
include infections from private
practices and group practices and all
that kind of stuff
just hospitals each year according to
cdc medical doctors infect 2 million
people
of which 90 000 die every year this is a
yearly figure ninety thousand died from
the infections
in inflicted upon their customers in
their workplace what would happen to
taco bell
if they were to infect and kill ninety
thousand customers they wouldn't be open
for three breaths
i mean they would be gonzo
you think about it you make sure you'll
vote for somebody because
they'll vote you in insurance that'll

pay the doctor can anybody name an
insurance policy
that prevents or cures disease you see
insurance just pays a doctor when you
screw up
insurance doesn't protect you from
disease
it just offers you up on a plate to the
doctor
well how does that happen how could that
happen well it happens because doctors
wear the same white coat
the same trousers the same pantyhose the
same shoes room to room to room
dragging peep poop blood pus snot slime
bacteria virus fungus and yeast from
room to room to room
how can i say that
if i say something as outrageous as it
is you know i can always back it up
did i spend so much time in federal
court attacking the fda they would love
to get me so i'm always very careful
right
yes okay well that was
march of 1998 in august of 2012
17 years earlier
they identified one bacteria called c
diff clostridium difficile

it's only found in human poop it's a
human poop bacteria of those 90
000 people are killed each year in
hospitals
one third of them 30 30 30 000
are killed by this one bug human poop
bug
now what would happen if iran or north
korea were to send over an
intercontinental ballistic missile with
a biological weapon in it
hit the big population centers like la
chicago
dallas new york newark philadelphia
atlanta miami
and they'd in fact 2 million in these
high population centers and kill 90
000. would we send those people a
christmas card
would we send those people chocolate to
win their hearts and minds no
even the most ardent anti-war protester
would fight you to be the one to push
the button to vaporize those people
because they just killed their grandma
and yet everybody wants to go to their
doctor because insurance pays
now to show you how bad this is in
1993 through 85 750 of these infections
from c

diff clostridium difficile human poop

bacteria

17 years later in 2010 it went up 400

percent to 346

800. what does that tell you it tells

you the doctors don't give a rat's tail

they don't care

there's no consequences it went up 400

percent

why should they wash your hands there's

no consequences if they don't

you know frank i killed seven people

they don't worry about it don't worry

about we're all in the same boat just

have another martini and relax

see on the green see now if they were

doing something to stop all this

the chart should look like that

shouldn't it

but it looks like this what was the date

on this again this is august 2012 this

is not a hundred years ago

it got so bad in 2013

it was a big article in in the wall

street journal

it's never too awkward to ask if you

wash your hands doc

back off you dirty pig

get out of here i didn't see you wash

your hands
if you ever have to go to a doctor's
office carry a water gun full of urine
he comes in without washing his hand
just spray him
see how it feels pig
that'll turn around a little bit
wouldn't it
here's one of my favorites says i go to
canada a lot they get free medical care
why do they invite me to canada because
just because it's free doesn't mean it's
good
narita mcneil was the kind of
on record most people didn't know what
she looked like but on record she was
kind of like the dolly parton she was a
country western singer very very well
loved and famous
her voice was just everybody loved her
right
and she went into the cape britain
district hospital where she lived it's a
it's an island province a thousand miles
east of new york when it's noon in new
york it's one o'clock there i didn't
even know it but they have a separate
time zone
called the atlantic time zone never
heard of it it's noon in new york it's

one o'clock in the afternoon there
so i go there four times a year now i
get 5 000 people at my meetings
in cape breton they're getting free
medical care why do they come to see me
because they're tired of being killed
so right this is april 2013 she goes in
for some unnamed surgery whether it was
breast reduction or
prolapse she did they didn't say what it
was back surgery knees or it didn't say
she went in for some surgery and three
days later she was dead from an
infection with a c diff
she difficile now the hospital
the government hospital in cape breton
death rate the mortality rate was 37
percent above the national average
why on earth would you go to that
hospital
because she didn't ask the better
business bureau well tell me about them
this is a volunteer you know this is an
elective surgery it's not something i
had to do because i got hit by a car and
i'm bleeding all over the place
an elective surgery she chose poorly
didn't she
she went there they killed her the most

famous women in canada they killed her
because some doctor didn't wash his
hands after he pooped
yum yum
the canadians saved me all this stuff
they give me these slides when i go
there right so i can show it to the rest
of people
crazy now the chinese have figured out
how to solve the problem
i love the chinese i'm married to
chinese i love her i love the chinese
they
they've been around thousands and
thousands of years before we even
thought of right
so here's how they have solved the
problem
now i'm not promoting this but the
chinese are very practical after
thousands and thousands and thousands of
years
let's say a farmer goes in because he
hurt his back lifting a big bale of hay
or something like that he goes in
into a western hospital instead of a
traditional chinese medical guy he's
going to give him acupuncture and some
herbs right
no traditional chinese medical doctor

kills anybody they love them
right remember they have 1.5 billion
people we have 300 million they have
five times the people we have
it costs 50 cents a month to treat each
other people
no deaths no infections because 50 cents
they've been doing it for thousands of
years 50 cents a month
cost you 1800 a month for insurance
cost him 50 cents a month hello
so anyway let's say this farmer goes in
and he gets his back operated on he gets
the infection dies three days later
or the doctor plunges his knife too deep
goes through his disc and hits his
artery bleeds to death and all kinds of
stuff you know there's all kinds of
reasons
why people die when they go in for a
surgery
he dies well when all this guy's sons
and brothers hear this out in the farms
they come into that hospital where their
picks
and axes and shovels and rakes and they
beat that doctor to death all those
sharp instruments and tools
each year in china in the western type

medical hospital setting
uh it's um 27.3 doctors are killed by
family relatives
of people they've killed so 40
of the doctors in the last year have
quit and gone back to farming because
it's safer
than being a doctor western hospital
now you got to give the chinese credit
now i'm not advocating this but i'm
going to show you how to stop the
problem
this is this will wind you up in jail it
won't really solve the problem
because a few doctors that still
practice will still practice the same
way right
so i'm going to show you how to solve
the problem i'm going to show you a few
more of these and then we'll get to the
solutions this came out in 2006 this is
an annual figure this isn't 100 years of
you know
collected information this is a yearly
figure that's by medication are rising
now they're not talking about the side
effects of the drug here
they're talking about decimal point
problems where the doctor prescribed
it wrong gave the dose incorrect are the

and are the pharmacists fulfilled it
incorrectly
so here's a three-year-old kid got a
strep throat the doctor writes a true
prescription for penicillin for the
strep throat and the pharmacist is
distracted for some reason
and fills the kid's bottle puts the
label on correctly but fills the kids
bottle
with chemotherapy tablets for a 300
pound guy
kills a kid well just tough luck
pharmacist doesn't go to jail doesn't
have his license suspended for three
seconds
fish is one of those bad breaks that
that little god up there
on mars just looked unkindly on you
because you didn't burn enough goats or
something
well these types of mistakes and errors
in the united states each year
amount to 1.5 million fatalities and
permanent injuries in america 1.5
million fatalities and permanent
injuries in america
why on earth would you want drugs
because they're free insurance pays i

have to pay a two dollar
co-payment damn you're dead
here's another one for the seniors
this came out in 2010 hospital care
failed for some patients well that's
kind of an l people go to the hospital
and die
results in medicare alarming now it's
beginning to be alarming the study was
actually done by the us department of
health and human services office of
inspector general which is essentially
the auditor for medicare
there's a monthly figure what he said
was every month every month in america
every month in america
medical doctors kill 15 000 medicare
patients over the age of
of 65 who go in for minor medical
procedures
and screening tests kill five thousand
how many would fly commercial airlines
if you're over age 65 you knew they
killed
180 000 seniors every year you wouldn't
fly over age 65 you see you're on your
mind we're going greyhound
or amtrak so here's three very famous
people the doctors killed over the age
of 65 in the last three years

andy rooney 60 minutes

you know the guy that gave these really cute stories at the end i loved watching him

he retired in october of 2011 age 92 his wife was 87.

they're going to go on a world cruise

and she says you know i'm a little nervous

i'm 87 years old you're 92. the odds are in the next year one of us is going to get sick

we're going on this world cruise for a year we're going to places we don't even speak the languages we should get a disk of our

medical records he said yeah this is probably a good idea so they go into the docker while the office staff is burning their disk for the records

the doctors flipping through his file

and said you know andy you're 92 years old here

and i don't see where we've ever done a colonoscopic exam on you you could have cancer lurking around in you

and knowing andy he should have said you know i don't even blood in my stool

i haven't lost any weight my bowel

habits haven't changed the last two
years
um i'm going to wait for anything you
want to do to me until after the
year goes by uh but instead of saying
no he said oh okay he goes in the next
day the doctor puts the garden hose up
his rump
punctures his intestine he dies in three
days from paranoid as a belly infection
she's an instant widow he never went on
his cruise
docker goes and plays golf and has a
martini
if you look up his obituary look it up
on the internet andy rooney's obituary
and he died in november 2011.
says mr rooney died from complications
of a minor medical procedure
one minor for him it killed him
now another one of my favorites is dick
clark from american bandstand
eight years old goes in for his annual
physical tells his gp he's getting up
five times a night to take a pee
he said well you know you might have
diabetes you test them now they said the
odds are having a large prostate when
i'm done with you here i'm going to send
you down to the whole urologist and

he'll examine sure enough the urologist
yeah you've got a large prostate we're
going to do surgery on you give you some
drugs and we'll eliminate that
inconvenience of getting up five times a
night to take a pee
you should have said no and he said oh
okay
because the doctor convinced him this is
just like clipping your fingernails
it's an outpatient thing you don't have
to stay a night in the hospital you come
in we get it done
you come in at nine o'clock it's done by
9 30 1 o'clock on the golf course really
yeah this is
no nothing okay instead of no
comes in nine o'clock 9 30 is dead
why because when you cut on the prostate
gland it releases all kinds of chemicals
including prostaglandins would increase
your risk of thrombotic stroke
coronary thrombosis pulmonary embolism
and he won the lottery he got all three
died a half hour into the procedure
nothing wrong with him nothing
but my favorite is this one this is my
all-time
favorite

neil young our top astronaut first man
to walk on the moon personally saved two
doomed nasa missions one he was on the
ground and the
ship was going crazy and he was able
with a computer i mean you have more
apps on your cell phone than they had
those computers in those days
and he was able to save that ship and
save the crew and then one time he was
on the
ship and was going crazy they couldn't
control it from the ground so he was
able to
with his knowledge of computers to be
able to save the ship and the crew
including himself
so he goes in for his 82nd birthday his
physical
in a private hospital in new york and
they say
boy neil that that nasa program must be
really something you're 82 years old
you've got the body of a 50 year old
all your blood chemistry is perfectly
normal the only thing we can find on is
one coronary artery
has a three millimeter wide 30 blockage
way down at the tip
not something that can be a high risk

for thrombotic
coronary you know it's going to cause a
heart attack and death not
in the right location to cause an angina
it was higher up in the artery it might
cause angina but way down there at the
tip is not going to cause angina
and you know you're eight years old five
six eight ten years from now
it's a progressive thing you get worse
and fill up that artery and you could
die on the way to the hospital from a
heart attack why don't you let us do a
bypass
and and put a stint in there and he
should have said no
but instead he said yes sir let's do it
goes in the next morning put him in the
head of the line three days later he's
dead
was he dead from complications of an
elective
cardiovascular procedure it was elective
meaning didn't need to do it
i mean we had people i have billionaires
billionaires who don't want those
surgeries they come to me
they have 98.5 blockage in a couple of
months time they're 100 open by

angiograms by actual

re-test of an angiogram because the

doctors don't want to believe it

these guys call me three or four times a

day i had one coming down here

my wife is a witness he called me okay

this happens all the time

okay let's talk about obesity the only

thing we can brag about being number one

in the world is we're the most obese

nation in the world

we're number one yahoo

what does that tell you about the

medical theory in the government theory

what causes obesity i mean they've been

telling us the same thing for 75 to 100

years

you eat too much you don't exercise

enough eat too much you don't exercise

enough you eat too much you don't

exercise enough now we're the fattest

nation the world following their advice

what does it tell you about that advice

remember einstein he said insanity is

doing the same thing over and over and

expecting a different result

hello

it's time to back off and say you know

doc i don't believe you anymore i've

been here 75 years my family's giving

you 75 years we're all overweight we're
all obese
and so we're going to try something else
but instead insurance pays
okay send me the bariatric surgery we'll
do gastric bypass
you put me on this drug and this drug
and this drug bam you're dead
because it didn't solve the basic
problem so what is the basic cause
i'm going to tell you with the basic i
don't care what they want to know but
you know now
and you can save yourself the people you
love
seventy percent of our kids according to
experts under the age of twelve are
overweight
forty percent of our kids on the age of
twelve or obese 30 pounds more with
their ideal weight for their height
has nothing to do with eating too much
or lack of exercise nothing
that's all they talk oh get thin for
early in january
you know eat less calories you only do
that for so long you start eating again
the weight comes back because you
haven't dealt with the basic problem

i actually have a book called hell's
kitchen which goes into that i think i
have a picture of it here
but here's one of the things we've
already talked about this kid's not
going to make it to 25. he's already
obese he's not even two years old he's
already obese
now these french fries are a straw man
they have nothing to do with obesity
nothing
now that kid lives to be fifty these
things will be the cause of obstructive
artery disease in his heart and his
brain as kidneys but have nothing to do
oh thank you
have nothing to do with being obese
here's your first club i'm going to give
you three clues and i'm going to tell
you what to do about it
here's the first clue this little girl
here
natalie hayehurst from terre haute
indiana was famous i mean she was on
good morning america
back in um 2011 because she was famous
for eating light bulbs that was her
favorite
snack light bulbs i mean she'd unscrew
them from the lamps and she just

crunched light bulbs

thank god there's no calories in them

her favorite food

her favorites she preferred wood paper

products cardboard sticks

she loved to eat rocks and dirt shaped

diet coke cans not classic cocaine's

diet coke cans

she ate the maggots out of shower

curtains and she loved to eat plastic

bottles and toys

that's probably why they took toys out

of a happy meal

because natalie you know so i called her

parents

because there's only so many hay hers in

terre haute india and i actually tried

true story i tracked him down

i said i know the cause of her doing

this and i can help you

and she said and the mother said you

know we're going to be on good morning

america next week and i'm not touching

anything sorry goodbye

fame was more important than saving that

kid well this kid and you kind of said

it

this kid has the same problem a pregnant

woman has now she's only three years old

the odds of her being pregnant really
low
i don't need to examine her although
there's so many pedophiles who become
pediatricians
they'd want to examine her right to
prove that she wasn't pregnant
all right i'm about a perfect place for
a pedophile become a pediatrician
what about a serial killer what would be
the best job in your life as a serial
killer
a hospice everybody goes there to die so
you kill them an hour before they die
you get your jollies off because you got
to kill them
nurse betty
you know exactly what i'm talking about
right
okay so she has the same disease
pica that a pregnant woman has pregnant
woman has
but she's not pregnant so what is it
that she has that they have
well the embryo steals nutrients from
the mother faster than she's taking them
in
and so she develops all these cravings
and and binge eating and weird eating
i mean who eats pickles and ice cream

they're legendary

who eats dog pooper k tootsie rolls out

of the kidney litter box

pregnant women eat weird stuff

i was in brazil in august of this year

and they have mostly portuguese papers

and magazines and everything

but they also have a few english ones

and while i was there this story in

english was in a portuguese

or a brazilian newspaper okay

this lady here 28 years old during her

pregnancy would eat

20 bath sponges a day and even funnier

she 20 bath sponges every day that

people take baths with

but also she ate the sand containing

parrot poop from the bottom of her

parents cage every day

well there's a yummy thought

i mean this article if i were writing

the article i just said poopy doop

would have been the title right

and doctors send them a psychiatrist

they say just steal yourself and stop

eating that nasty stuff

now here's your final clue

anybody here ever work with horses okay

what do you call it

when a horse chews on a fence that's
what a baby stays in
yeah it's cribbing yeah in horses it's
called cribbing
i was there on just south of portland
indiana a couple years ago
to see some kids with muscular dystrophy
which i tell you some great stories
about that
and the the baby buggies are the another
baby but the the hearts and buggies were
late
and being a veterinarian as well as a
physician this was a horse and buggy
amish farm so i go into the
barn and i didn't even need to look at
the horse or do any tests on hearts i
could tell
by the cribbing on this rail inside the
stall in that barn that the horse living
in that stall was severely minerally
deficient
now it's socially unacceptable for you
to eat your neighbor's furniture when
you go visit them
so they develop the the custom when
somebody comes over particularly with
little kids who kind of chew on the legs
of grandma's chair
here have a cookie they wouldn't nibble

on the chair
that's why they came up with a custom of
giving people something to eat when you
come to visit them
cribbing in animals is munchies and
people when i bought my first clinic
after graduating
naturopathic medical school in portland
oregon i bought a clinic
it was a weight loss plan it was a 30
year old weight loss clinic belonged to
a do
and i mean this was a flourishing i mean
i looked at they wouldn't show me the
charts but they did show me the
after the tax returns i mean this guy
was making more money than god i mean
this guy was like
crazy making money so i said okay i'll
buy the practice for what you're asking
and then he showed me all the charts
when i signed all the papers and gave
his first payment
i noticed every month he's fulfilling
the same prescription to the same person
for thyroid
giving the same person the same drugs
for appetite suppressant uh writing
prescriptions for them to go to the same

gyms and everything get it taken off you know
insurance would pay for it and all that kind of stuff but as people been coming back there
for 14 20 years they lose three pounds they gain five and they
lose five and gain three and you know their weights kind of stayed the same
for 20 years never really happening but looking at the charts it
reminded me of horses that were cribbing
so i took 10 of the worst patients had been coming to this guy for 20 years
and never really lost any weight i gave them a mineral program and in three days
time they started losing two pounds a day
and in three months time they lost 140 pounds each
that was in 1978.
if i've helped millions of people lose weight
the myth about exercise this is actually done in loyola
medical school in chicago it was published
in um january of 2009.
this is august of 2009 cover article in time magazine the

myth about exercise it won't make you
lose weight
if all you do is exercise you keep
eating the same way you'll actually gain
weight
why because when you exercise you sweat
and sweat is not
just water sweat is a soup of all the
nutrients floating around
so here you are for somebody who loves
you your doctor tell you maybe drinking
plenty of water when you're working out
and so you're sweating out the soup say
65 nutrients in it you replace it with
water
what's happening to your nutritional
reserves going down
it reaches a certain point where you're
going to eat the bed post you're going
to eat the rugs you're going to eat the
ashes out of the
fireplace you'll eat the caulking you'll
take a you know a screwdriver
and take the caulking off the wall
you'll eat drywall you eat really weird
are the tootsie rolls out of the kitty
litter box
yum yum
so again hell's kitchen the book

this is actually started as a sermon
that i gave in the church that i go to
in
san diego we actually made a cd first
called hell's kitchen
and i asked the pastor i said well
pastor since this was professionally
recorded in your church i have to ask
you for permission to use the title i
want to use for this
because a kitchen can be a bad place or
good good place depending what you're
doing i want to call it hell's kitchen
he kind of got red a little bit and
stroked his chin thought for me said
well hell yeah
great pastor because he knew exactly
what i was saying a kitchen can be a
place of hell you can kill everybody in
your family in the kitchen
you just fry everything you're giving
them clog their arteries give them
ms give them alzheimer's disease pour
salad dressing all over everything
there's a lovely thought but but it's
healthy
doctors say it's healthy we better ask
your doctor again he's 56 and a half
years old
the subtitle here hell's kitchen the

cause preventing cure of obesity
nobody else knows this except you and me
now
unless you've read the book
and then you throw in asap
take the healthy start pack the 90 cents
of nutrients appropriate for your body
weight you're getting those minerals
which stop the cravings and then to
accelerate the weight loss instead of a
half a pound
a week you want a half a pound a day or
two pounds a day you take a dropper full
of this asap
under your tongue within two or three
days you start losing a half a pound of
two pounds a day
i get hundreds and hundreds of people
people every month
who lose two pounds a day it's not
unusual for somebody who needs to lose
200 pounds to lose 140 pounds in 90 days
very healthy because they're getting all
the essential nutrients
as long as they stay on those 90
essential nutrients for their body
weight they will never gain the weight
back the weight
will never come back because the basic

root cause of being overweight
is being minerally deficient
in this book i have coming out this is a
big story in there
now how many have heard that exercise is
good for you no would you believe it or
not how many hurt is good for if you
don't raise your hand you're a lion
commie
you've all heard it i know you've all
heard it jim fix
during the 60s he was the darling in the
medical profession six foot four weighed
165 pounds these are actually a picture
of his legs
he taught i think he taught economics in
either
yale or harvard one of the ivy league
schools out there in new england
and his thing was running he said look
don't waste your time on vitamins and
minerals if you look in the
index of the book here under vitamins
minerals it says go to page 165 you go
to page 165
it says don't waste your time taking
vitamins and minerals
just exercise walk around the block 10
times
you'll keep your arteries clean and

you'll live longer you won't waste your
money on vitamins minerals
when age 52 while he was running and
preparing for a marathon he drops dead
of a cardiomyopathy heart attack while
he was running
at age 52 the theory didn't work for him
did it now cardiomyopathy heart attack
is due to a deficiency of a single
mineral
when dr milan and i did those 1700
autopsies 1
700 autopsies these kids in china they
all died
of a cardiomyopathy heart attack a
deficiency of a single mineral
well jim fixes protege his top student
was a canadian
by the name of brian maxwell and brian
maxwell
ran 100 marathons never came in less
than fifth i mean that is awesome
a hundred marathons never came in less
than fifty you gotta be kidding me
he had 114 gold medals three were in the
olympics the other 11 were divided
between the triathlon the world games
iron man competition
this guy was probably the most fit guy

in modern times
right other than hercules and people
like that
and uh his wife and his wife was a
nutritionist and dietitian
they came up with a concept of carving
up the night before big events you have
plenty of glycogen animal starch in your
liver your muscles
that kind of stuff they came up with
that concept this guy was no
novice when it came to exercise the
physiology of exercise and kind of stuff
also he and his wife came up with the
first power bar
how many heard of the power bar power
bar was the first granola bar packaged
and sold commercially
it was so successful he had his picture
on the label
nestled paid him and his wife 300
million dollars to the rights of that
granola bar
they could have come up with their own
granola bar but they wanted his because
he was such a famous athlete
he gave him 300 million dollars for it
then three months later he dies of a
cardiomyopathy heart attack while he's
running

at age 51. now jim fixed out of 52 he
beat his mentor by one year
i love this title here says heart attack
claims another fitness guru
this obituaries in march of 2004 i was
actually up in canada
this occurred so i this is why i got
this article
probably didn't even show up down here
it's a big story because he's a canadian
heart attack claims another fitness guru
well today he's not a guru
he's just goo
and i'm a pathologist and a lot of times
when people get to you they're just goo
okay now in america you hear of sudden
heart death in athletes all the time
kids and we're talking about athletes of
every
sport people who are cheerleaders
and kids under 18 years old i mean
they're dropping like flies
10 12 16 20 years old while they're
playing they're just dropping down these
are kids who are fit i mean they've been
training for years
they've dropped dead sometimes they'll
finish their workout take a shower go
home and drop dead at home

somebody needs to go to jail here
because our paper dr milan's my paper
came out in 1990
on 1 700 autopsies on kids under the age
of 10 who died of this disease
and that one doctor not one pediatrician
not one sports medicine doctor
has heeded our work
published in an international chemistry
and medical journal
published in chinese and english
this is not like it was a hidden thing
in dell's comic books
three big universities were involved it
was published
our kids are still done because nobody
has implemented
what we said to do now in china by
implementing
what we suggested they went from 13 kids
dying
per thousand every year of this disease
13 per thousand
down to one per thousand
it's huge we do the same thing here
and all they had to do was take a good
multiple vitamin and had this one
mineral selenium
that stopped all those sudden heart
deaths just like you flipped off a

switch
but our guys are smarter than that they
just say don't waste your time on wallex
information
just drink plenty of water you'll be
dead tomorrow i mean i didn't mean to
say that
but drink plenty of water
now jim fix died in september of 1982
and he was the darling of the medical
profession i mean they love this guy
because he was saying exercise don't
take vitamins and minerals i mean he was
the medical system's ally
well in december of 1982 the general
american medical association did kind of
a literature search
on sudden heart of death and they said
after
reviewing everything that came out their
little article came out in runner's
world
in three months later in december of
1982 three months after jim fixed died
in september of 1982 december 1982 the
title was the exercise heart attack
paradox
a paradox is something where the outcome
is different than the theory

now exercise supposed to be healthy for
your heart
but what they found out was this now
remember this is from the general
american medical association the editors
the sports editors in there
said while running a man's risk of heart
attack death increases by a factor of
700 percent
so gentlemen if your wife keeps asking
you to go take walks and exercise
and she's taking out insurance on you
means she has a boyfriend
[Music]
here's another one that disturbs me each
in america
non-contact injuries to kids in other
words they're just running down the
field and they crumple because they tear
a ligament
they tear a cartilage or a hamstring or
something like that
it's not a impact thing this is just
a one-man accident right they're just
running down the field cutting here and
there and they tear something
we're talking about 1.35 1 million 350
000
per year in america between the ages of
6 and 19.

somebody needs to go to jail here
where's all these sports medicine
doctors where's these
personal trainers where's the coaches
where where's everybody who's supposed
to be
taking care of these kids they're giving
them gatorade
well gatorade has two nutrients in it
our sports drink
call rebound has a hundred let's see if
you're sweating out 65-70 nutrients
how much good is two gonna do you what
about six
power eight has six gatorade has two our
rebound thank you sir
and we have it in cans we have in these
canisters we haven't sticks tear molten
put them in a glass
of water or bottled water this has a
hundred nutrients in it it was designed
for professional
sports we actually have many
professional sports teams basketball
football hockey teams use this stuff
these are the sticks they come 30 in a
box thank you sir
and you know this is good when you're
doing whole big canisters for teams and

things just
throw it in there it's just really cool
it has selenium in it nobody's going to
have a sudden heart death
when they take rebound are you getting a
picture here
we built these things to take care of
your kids or grandkids
don't let your kids and grandkids die
unnecessarily because the sports
medicine doctor
and the personal trainers and the
coaches have failed you
but but they're the professionals that
doesn't mean anything
it means nothing they've proven that
each year in america three almost four
hundred thousand kids in football
almost four hundred thousand kids in
basketball 172
000 in soccer 119 000 in uh baseball
uh softball's 58 000 volleyball's 43 000
wrestling's 40 000. that was my sport uh
cheerleading cheerleading 37 000 almost
38 000.
gymnastics is only 28 000 and track and
field is 24 000 almost 25 000.
you're just running down the track full
your hamstring goes
because you don't have enough raw

material to maintain it
kind of like driving a car the nascar
200 miles an hour without any oil in it
you can expect something
catastrophic is going to happen before
the 500 miles is up
are you getting a picture here i think
you are because you're very quiet that
means you see
what's going on here
so let's look at professional athletes i
mean we pay them millions of dollars in
event we're talking about the top guys
they get two three million five million
dollars an event
they only play for like three months the
rest of the year they're home
smoking cigars having a grand old time
traveling around the world
so why do we have problems like this
because they're drinking gatorade with
two nutrients powerade with six water
with none
if you have somebody in your home who's
in the peewee league pop warner league
who just exercise because they want to
stay fit because their doctor told them
to they think it's good
you better be giving them rebound get

them on the 90 essential nutrients and
then you won't lose them they won't
become disabled they won't get in
trouble physically
you have to be obsessive about this ask
my wife i'm crazy obsessive about this
our whole kitchen is all my bottles of
stuff every day i take my liquids twice
a day
i take 75 tails pills and capsules twice
a day i don't expect everybody to do
that
but i can't get sick i'm going on 75
years old
i haven't been sick in 66 years i have
never been on a prescription medication
you can't find a 75 year old who's never
done a prescription medication
you and me babe even as a kid
even as a kid you never had any
penicillin or anything okay good girl
how do you know come on for science
not going to give okay 39.
39. there you go now listen
well she she's not what's the guy's name
jack benny she's not jack benny
come on 39 years old okay anyway
these guys drink water gatorade powerade
they just they're running down the court
they just fall apart

this isn't from an impact with another
player
okay look at this guy's got i mean he's
got all these bandages and ace bandages
all this stuff all over his legs this
guy's a mess
we look at the average lifespan
professional athletes depending on
i mean average lifespan when you take
all professional sports combined
is 62. now these guys are paid to
exercise these guys are paid
to be helpful these guys are paid to
exercise
they're paid to eat right to supplement
right sleep right do everything right
stay away from the bad stuff and you
think if anybody could live to be 100 to
be professional athletes they're getting
paid to do everything perfect
average lifespan is 62
except for football players average
lifespan is 51.
51. yeah there's a big study it was down
in 2011 when they were looking at
changing blocking and tackling rules and
changing how helmets were made for head
and neck injury and concussions
all that kind of stuff totally

unnecessary

here's the one as a canadian newspaper

they were doing a study

the canadian football players and the us

nfl players and make a long story short

the sports medicine doctors were shocked

when they were collecting the

information for the study

they said well we can't believe this

these guys are

average lifespan is 55 years of age it

doesn't even make 62 like when you're

the total of athletes

and so the insurance companies went

crazy so wait a minute

we're losing money on these guys big

time when it comes to life insurance

so they got their actuaries their

numbers crunches look at this the

actuaries said

that's not a correct number 55 is not

correct number the average lifespan of

professional football players is 51.

said triple they're life insurance

premiums

so instead of 300 bucks a month it's 900

bucks a month

of course if you're making a million

dollars a game it doesn't matter right

so here's the ratliff he's been with us

for 14 years when he's 28 years old he
had bone bone arthritis in both knees
cartilage popped off his right hip had
to be surgically implanted it was kind
of barely hanging on they surgically
replanted on
he caught a pasture regulation game
broke his wrist and the orthopedic
surgeons for the atlanta hawk said look
this guy is too fragile to play
professional basketball we're not going
to sign off on him so they
killed his contract he's actually in his
locker clearing out his locker
you heard one of our guys
mike glenn who had been a player this
guy was an all-star
his nickname was the stinger a lot of
his jump shot records still
are in play and he was talking to
another player about this and so theo
said well that stuff helped my joints he
said
yeah even yours theo so he got in
contact
and i put him on this guy's six foot
eleven and he looks skinny but he's six
foot eleven so he weighs 300 pounds
so he had to take three of the healthy

bone and joint packs per month
and we invented the rebound for him 90
days later he had completely rebuilt him
he passed all his physicals
and he played for 14 years 14 more years
and made 140 million dollars he was not
going to make if he listened to the
orthopedic surgeons
now do you think his wife christina
loves me she loves me
she loves me she's six foot tall no
actually she's six foot five
so every time i go there she makes me a
three inch thick t-bone steak because
she knows i love steaks
bmer she gets the top chef in atlanta to
fix it for me
and she just stands there while
immediate and passed me on the head and
she's she just
loves me
u.s news world report february 2005
special health issue
rated america's most credible print news
source special health
who needs doctors your future physician
might not be a medical doctor you may be
better off
i guarantee that every medical doctor in
america canceled their subscription to

the u.s news world report every hospital
every clinic every
every pharmacy everybody who dealt with
doctors canceled that
at least it wasn't going to be out there
in the waiting room
now why did they do that well this was
an apology to the american public
this whole issue is an apology to the
medical public because during the 1990s
some year old enough to remember the
battle between doctors
and the hmos i'm the doctor
i'm the one that's supposed to determine
what drugs you get what treatment you
get
whether you get surgery or not for your
illness do you want an accountant from
an hmo determining what you're going to
get and your answer should have been yep
because the accountant the only way the
hmo was going to make a profit was to
cure you in three weeks
then you'd take your 100 bucks every
month for the rest of your life
but everybody went with the doctors
including
them once they realized they looked at
everything i just showed you earlier

they said oh
we bet on the wrong horse and so this
was their apology to the general public
remember i told you that my survey of
200 obituaries
in in i don't know about a five-year
period all from the
german american medical association was
58. well doctors didn't like that so
they ran their own
they said well wallach lied the average
general practitioner family practitioner
and primary care physician
doesn't die 58 like he says we die at
56.
they're so eager to show that my my
results were imperfect that they didn't
care they showed that they died two
years earlier than i said
so i always do apologize for giving them
two too many years
yeah this is published in 1999 in every
medical journal in america
i don't know about the rest of the world
but in america this appeared
in 1999 okay
now this is beautiful this came out
december 17 2013. this is a big hoo-ha
i've been doing radio
for 20 years up until about four years

ago

i had a hundred and i think about 130

stations

four years ago i got in involved with

genesis communications network

gcn now i deal with 1300 stations

two hours a day and so this message is

going out

and when i read this story that this was

based on

a letter to the editor by three doctors

who looked at a couple of articles

on studies that were paid for by pfizer

pharmaceuticals

they said vitamins are a waste

multivitamins are useless

but when you look up the original study

the multivitamins only had three

vitamins

didn't have the 90 essential nutrients

didn't have 60 minerals sixteen bottoms

twelve centimeters three essentially

they had three vitamins

and then they said in doctors over the

age of 65

it didn't help them with dementia well i

don't think anything could help a doctor

with dementia

because i guarantee they're all taking

statin drugs dementia is a physician
cause disease i'll get into that in a
minute
dementia is a physician-caused disease
everybody with alzheimer's disease
everybody
bastard dementia everybody of course
called syndrome and morning course cough
syndrome was caused by a doctor
and i'll prove that to you in a second
i'll be happy to go into a federal court
and
guess who will prevail okay so this is
this is kind of crap that goes on now
why is this happening well if you look
at what's going on in the stock market
all these big pharmaceutical companies
are buying up vitamin middle companies
like crazy they're just buying them up
like crazy
because why would they want you to cure
yourself vitamins and minerals because
you'll stop using
pharmaceuticals they're buying up all
these companies
and they would if i were to sell my
company to them which i'm not going to
do of course
if i were to do that they would take see
to prevent you from having congestive

heart failure
or if you have congestive heart failure
for three years you've been on the heart
transplant list i'll get you off
medication in five days i won't take you
off
your own doctor will take you off the
quickest this happens five days
sometimes it takes three months but use
it five days or three months
you'll be offered medication for
congestive heart failure because it's a
deficiency
of a single vitamin it was discovered by
a japanese naval surgeon late 1700s
but why would a doctor want to cure you
for 300 bucks in office calls when he
can get 750 000
for heart transplant
there's no law requiring him to cure you
when there's a cure available remember
they're a self-policing monopoly
they've killed off all their competition
so nobody can offer you
a cheaper more effective safer option
are you beginning to get a picture here
diamond deficiencies barry berry
congestive heart failure is a simple
vitamin b1 deficiency so our program for

congestive heart failure

gives you 28 000 times the minimum daily

requirement

five days time you're off all your

digitalis your height your water pills

your cardiologist and heart transplant

surgeon will throw up their hands and

take you off all of everything

take your bracelet away from them it'll

light up you know when they have your

heart

i do this all the time people say well

you can't do that

it's genetic crapola

it's a simple vitamin deficiency

cardiomyopathy heart disease is a simple

mineral deficiency deficiency of

selenium

somebody needs to go to jail here in any

other industry

i mean you think about it bernie madoff

defrauded his investors by three billion

dollars

and he went to jail for life

doctors defraud you every year in

america of three trillion dollars

not three billion three trillion dollars

and you love your doctor you send them

christmas cards

because insurance pays

so i'm going to show you here how to
solve the problem i don't want you to
kill them
i want you to stop using them
this is one of my last favorites here on
doctors and we'll get into the diseases
i'm going to show you how to prevent
reversing nutrition
now remember i have been to a doctor in
66 years of me being a patient i've
autopsied a few
they decompose like everybody else
i've never been on a prescription drug i
haven't been sick in 66 years
i don't have any ailments i do not have
any ailments
i don't have any problems i have
political problems
but not physical and physiological or
disease problems
so what if everybody in america were
like me medically
the medical system would be real humble
wouldn't they you go to your doctor
only once every 75 years
95 of all doctors would retire and go
into some other industry
you understand what i'm saying if you
take care of yourself you'll go see your

doctor once every 75 years you won't
need them
i'm glad there's a few physicians in
here of various kinds because we're
recruiting them
they're lining up to join
because they see the writing on the wall
i see one million patients an hour
while i'm here having fun with you guys
i'm seeing a million patients well how
am i doing that
because i have a million pas how many
pas do you have
how many pas do you have i have 1
million pas
okay i have a million pas
and each of them sees thousands of
people a day
because each of them has thousands of
pas
you understand what i'm saying and i
have cookie cutter recipes
they're all betty crocker recipes in
these books they're all betty crocker
recipes
you just follow what the recipe says the
cake comes out the same every time
start inventing your own stuff i'd take
your permit to work with me away
that makes sense okay

new york time now my wife loved this guy

this guy

was a cardiologist he's a cardiologist

he was a top soccer player

in brazil he was their olympic star this

guy

he kicked all his goals backwards with

his heels so his nickname was heel of

gold

he get in position he'd kick the goals

backwards so i don't know why he

came up with that but that's he kicked

all his goals with his heels so they

called him the heel of gold

his nickname was socrates nobody even

knows his real name because all the

soccer players in brazil take on a

persona nickname kind of thing so his

name was socrates so he knew

he was probably a physician was he's a

cardiologist and he drops dead

playing senior soccer at 57 years old of

a heart attack

my wife said oh he's so handsome yes

honey but he's dead

that's probably he's too beautiful he

should have been a girl he's so

beautiful

okay my wife and i took 10 years

to write this book immortality because
there's 80 million baby boomers come
along who all want to live to be 100
anybody in here born between 1946 and
64.
okay three or four of you okay the rest
of your
older than solomon probably okay
methuselah i guess they say
but we spent 10 years collecting all the
information from the national geographic
the new england centenarian study
newspapers anthropology departments
university agriculture department so we
settled on
the top 20 longevity cultures that came
out of the national geographics
the top 20 longevity cultures they have
25
common threads that allow them to be the
longest lived people on earth
okay they have 40 times 100 as we do
they have 40 times 140 times 100
as we do according to the new england
centenarian
study which is by harvard medical school
they have 40 times 100 years we do
they have 100 over 250 their population
we have 100 over 10
000. they don't have any doctors

they're all illiterate go from third
world culture it's not a single first
world culture in the top 20 longevity
cultures
they uh have no insurance government
private they have no hospitals or
clinics no pharmacies or pharmaceuticals
or pharmacists
great great grandma they have five
generations of in the same household
talk about
conservation of assets one morgan
instead of five
grandma is a doctor you know with all
her herbs and
you know her poultices and teas and all
that kind of stuff
no need for daycare because there's
great great grandma taking care of the
kids and grandkids and great great
grandkids
and no need for hospice because
everybody dies at home with everybody
loving them around them
sending them off to heaven
and then there's
20 other things that they do they're
common they're all in this book
immortality everybody needs to read this

book if not for you

for somebody you love your kids your

grandkids your nieces and nephews your

brothers and sisters

everybody needs to read this book

because this will add 25 to 50 healthier

years to your life if you're obsessive

you can't just read and say man that was

cool

and not implement it you got to

implement it i do

i drive people crazy when they travel

with me

okay because i'm obsessive about this

stuff

i don't expect that everybody will do

that but my goal

how many of you know that story about

babe ruth when the yankees were down by

three runs

ninth inning two outs and two strikes

against babe ruth how many of you know

that story

yeah babe ruth stepped out of the box

yep he stepped out of the batter's box

his cleats

he points up the center field where the

flagpole was and everybody knew what he

meant everybody knew what he meant

including the pitcher he was going to

hit a grand slam home run
that pitcher was very stupid instead of
just throwing the ball in the dirt and
walking him and he could take care of
the other
couple of guys he tries to whiz it past
bedroom
sure enough boom he hits a
grand slam home run the yankees win by
one run
so i'm playing babe ruth here and i'm
pointing out to center field
i'm telling you i'm going to live beyond
200.
i'm only beyond 200. now that's not as
outrageous as it sounds
because i'm doing everything perfect
from the standpoint of nutrition
and avoidance of the bad stuff nobody's
ever done that before
i probably have out of my 1 million
physicians assistants i probably have 25
they're doing the same thing obsessively
as me i have some of them
they're half my weight you know these
little old ladies that are like 90 years
old
one of them is named shar she's from
michigan she's been with me for 25 years

she was 95 pounds soaking wet
she's actually in this group's upline
grand lady
she takes as much stuff as i do twice a
day
she's 60 pounds lighter than me she
takes my dosage twice a day
avoids all the bad stuff she just turned
70 in april
if you were to look at her you would
think she's 40 years old
she has the physiology of a 20 year old
she has the looks of a 40 year old and
she chronologically is 70.
now i have about 25 people like that
who've been
obsessive with me for 25 years doing
exactly as i'm doing
so let's look at some of these other
things that these people do
now should geography got to trust them
they have no access to grind
well there's a story
this is one of the 12 or excuse me the
top 20 cultures
it's one of the top 20 cultures that
outlive us
these are the ones that have in the
western hemisphere they have more
hundred years than anybody else in the

western hemisphere
these are the clients from the decline
peninsula on the
pacific coast of costa rica and central
america
they said this little girl's going to
live to be 120 because a lot of them do
it's very simple they all do i shouldn't
say they all but
most of them do these kids are just
living like crazy now
now they have no doctors no vaccinations
no insurance
they don't have anything that you would
go there this is the worst possible
place to go on earth for medical care
there's none
they have 40 times 100 rolls we do it
it's a front page story
on national geographic may of 2013.
this isn't may of
1913 this is 2013.
okay why are they saying that because
the facts tell you this is going to be
true
when you go there and you look at the
last two paragraphs of this 10-page
article because they wind through
everything

you look at the last two paragraphs they
say you know this is a fact these people
do live this long these people these
kids will live to be 120 because they do
it all the time
the other thing we can't tell is if it's
genetic or dumb luck
it's absolutely dumb luck
a year on health care in costa rica
it's dumb luck even an american can get
the same benefit
it's dumb luck because sometime
thousands of years ago when those people
moved into that area without knowing the
analysis of the soil
they have all the known mineral
nutrients necessary for long life
in that soil
and they refurbish it every day
let me show you how they do that they
actually mentioned it in here they
didn't even know they mentioned it but
they mentioned it
let's look at billionaires first
we actually have a cd we sent them a cd
called what kills billionaires
they ran our i love it because it sells
a lot of our cds
what kills billionaires millionaires are
killed by the same on glamorous things

kill everybody else

heart attack stroke poor embolism

diabetes obesity

cancer suicide this came out in 2004

as of 2004 there's never been a

billionaire lived to be a hundred

average lifespan was 78 and they didn't

like that so they asked forbes magazine

to rerun it which they did seven years

later

seven years later poor's magazine

re-rammed this study

and as of 2000 and eleven seven years

later

there's still not been a billionaire

lived to be a hundred two thousand

eleven still not been a billionaire

literally a hundred

the average uh or all the other sort of

stuff that they looked at

in 2004 were statistically the same

except one one was dramatically

different

that was the average lifespan instead of

78 like it was in

2004 the average lifespan of 2011 was 66

60 it dropped 12 years now from a

standpoint

of statistics that's impossible if they

were doing exactly the same thing
they're not going to drop 12 years in
average lifespan in a seven year period
they might try drop 12 days or 12 hours
they might gain an hour or a gain a
month and you know it's kind of like
this is not a straight line in biology
what happened they knew that there had
to be i knew there had to be something
driving them
they had to be doing something that
drove them to lose 12 years of average
lifespan in a seven year period what
what happened
well i have a lot of billionaire friends
because i get the ones that are terminal
inoperable
i save 95 of them so they'll do a lot of
what i ask them to do
because i charge them nothing they
always say okay well you have everything
you want they think i'm going to ask for
a house in the caribbean or something
and they would give it to me but they
never speak to me again so their
their long-term friendship is more
important to me than a house the
caribbean
so i always tell them i only want one
thing for me we'll call it even

okay well you can have it i want you to
fire your doctor they look at me and say
yeah that's all i want from you fire
your doctor he's the one that said
you're inoperable
he's the one that said you were terminal
and i saved you and all i'm asking for
is you to fire the doctor who is going
to
throw you under the bus that makes sense
so they fire their doctors
i love it so
i asked him to find out what these guys
did what the billionaires did
over time over that seven year period
proactively
because they knew they had to be doing
something wrong bad wrong
they came back a week later and said
well it was very profound you're exactly
right
what these billionaires did what these
billionaires did
was hire the top personal trainers the
top sports medicine doctors
and they spent over a half a million
dollars in their home their workplace
each in their home their workplace
their yachts and their vacation cabins

up in the mountains putting in fitness centers
because their personal trainer said you know the reason why you're dying so young
because you don't exercise enough look at these third world country guys they work out in the fields ten hours a day
you exercise three hours a day instead of nothing you'll have 25 years your life
so they were i mean they were rowing
they were running on the treadmills they had their station everybody i mean they are just running like crazy
they said drink plenty of water so they all got fiji water
the most expensive water you can buy
they all got fiji water
and guess what they just died by sweating out all their nutrients and drinking water
they sweat themselves to death
well now they're all drinking rebound
here's a very very smart guy steve jobs billionaire very smart technology very smart marketing
he died 10 years before the average billionaire he got a 56.
why is that well he was an

unsupplemented vegan

he's a vegan who did not take vitamins

and minerals

and he believed because somebody told

him and convinced him he could save 50

people

each day by not eating cows because a

cow eats as much as 50 people so if he

didn't eat cows he would save 50 people

by not encouraging farmers to grow more

cows so be more food for people

that was kind of his reasoning for being

a vegan

but then on supplementing he spent a lot

of money for the top

organic foods from all over the world he

shipped in by plane for him individually

every day

he hired the top five-star vegan chef to

cook everything for him

which he did and stir fried everything

and salad dressings everything and extra

extra extra

extra extra extra extra extra extra

extra extra extra

extra extra extra virgin virgin virgin

virgin virgin virgin virgin virgin

virgin virgin virgin virgin olive oil

and coconut oil

gave him pancreatic cancer just like he
shot him in the head
and then steve jobs made his second most
terrible mistake
instead of going to the nikoi peninsula
in costa rica in the pacific coast
of central america is going and finding
the oldest great great great great great
great grandma
saying grandma give me what you eat give
me the herbs you would take if you had
bad cancer he'd still be alive today
instead he paid millions of dollars to
the top
experimental cancer doctor to delay
treating his other patients
spend his full time creating the
ultimate
panacea kind of like the old days of the
alchemist
to cure his cancer and he killed steve
jobs as sure as he shot him in the head
this guy was a top
five star chef what made him interesting
was he
only did organic foods
and he was hired by queens and kings and
emperors all over the world to cook for
them
organic foods and he died at 54 of a

cardiomyopathy heart attack
because you can have organic brussels
sprouts do they require selenium no
they can grow and solve it look
beautiful with no selenium in them
that at 54 the top
vegetarian vegan chef in the world age
54.
now how do you remember art lincoln
anybody remember art link letter yeah
okay in 1933
he ran into the book called lost eisen
a couple years later he saw the black
and white movie lost horizon
which talked about the huns of people
who live in the character mountains
everybody thinks they live in the
himalayas but they live in the character
mountains which separate china from
pakistan northern pakistan and
there was also an obituary in the new
york times of a
herbalist acupuncturist traditional
chinese medical doctor
by the name of lee ally chong yoo
and they the government of china
testified that he was 256 years old he
thought he was younger than that but the
government said he was 256.

and they had given him a certificate
after he was 100 years old when he was
150 they gave him a certificate when he
was 200 years old he gave his
certificate was 250 game of certificate
and he died six years later
everybody knew him and knew his face and
they said this is the guy
say and my wife even said she's from
china says oh it's a myth can't be right
but you read the book rare earth bend
cures
you read the book rare earthman cures in
the book it talks about rare earth how
many of you heard of rare earths
okay rare earths are used in electronics
equipment
computer chips and cell phones and 99
percent of all known sources deposits
rare earth on earth or in china
now this guy grew up in szechuan
province
was born there lived there was an
herbalist there and died there
with his 24th wife he lived through 24
wives
and he had no two of them at the same
time one would die and he'd marry
another another one die
and so on okay

and this guy lived in a place that's
just rich with these
rare earths when you read this book in
chapter 11
it goes into all these rare earths they
double the lifespan of laboratory
let's say take a laboratory rat or a
mouse or something you give them a
relationship nutrition they'll live six
years if
so you give them as those pellets to
live six years you had these rare earths
to them they
lived 12 years
so maybe lee chong yoo was real
okay so that's what i'm banking on i'm
pointing out there
and i'm taking my rare earth every day
like crazy
because i want to be the next li chung
yoo
i believe i can do it i have 25 people
who are going there with me do you want
to be there with me
the medical system will be real humble i
love that part
anyway he dies at 97.
taking vitamins minerals like crazy
since he read that obituary look at the

movies

looked read the book he supplemented

like crazy from the same sources they

got their supplements from

which i'll show you in a minute this is

crazy he lived in 97 just supplementing

doctors lived at 56 taking

pharmaceuticals

when is pauling died at 93 he began

taking vitamins minerals at

age 18. his first degree his bachelor of

science was in agricultural chemistry

which was my minor it was in

agricultural chemistry my major was

animal husbandry nutrition

he went to the agricultural school

at oregon state in eugene

got his first degree in agricultural

chemistry

he won the nobel prize in 1954

and his nobel prize most people think it

was for vitamin c he never got any award

for vitamin c

it was just kind of one of his

infatuations and hobby later in life

but he never got any award for it in

fact he got a lot of flack from his

peers and so forth

but he never got any award for violence

c

his first nobel prize was for studying
the nutrition of genes
remember i told you earlier the genes
require all these cofactors and energy
and substrate and all that you need raw
materials you could take for instance
what he talked about you could take the
top greek
sculptor this guy is 85 years old i mean
this guy has made some most gorgeous
sculptors any place
this guy is a master sculptor you put
him out in the middle of a cornfield
in nebraska say okay master sculptor
from greece
i want a 72 ton 20-foot statue of zeus
i can do that okay go on
and he'll kind of look around he says
wait a minute i need a 75 ton
block of marble i'm going to need
some hammers and chisels and files i'm
going to need some pulleys and all kinds
of stuff so i can raise myself up and
all these kind of things
and i'm going to need a lot of food
because it's getting a lot of energy at
my age to do all this
and so this is what linus pauling
learned about genes

no matter how perfect your genes are
they can't do nothing without
raw materials co-factors and energy and
so
he said in his acceptance speech for his
first nobel prize
you can trace every sickness every
disease and every ailment to a mineral
deficiency
there's not a single genetically
transmitted disease out there
that is single one
what about jacqueline anybody remember
jacqueline lane
okay when he was 12 years old
he wanted to be mr america and mr
universe and get those two titles he
accomplished both of those by the time
he's 25.
and he started his own environmental
company in fact joe weider just died
last
this year too earlier this year joe
weeder he had his own vital he died at
93. i haven't got his obituary yet
but jacqueline taking vitamins middle
since he was 12
died at 96.
doctors died 56 according to their own
survey

taking all their pharmaceuticals now
i guarantee you his vitamins and
minerals at 96 were not like mine
mine have all 90 appropriate for body
weight his head 38.
so even 38's better than nothing 38's
better than the three
those guys who wrote the the letter to
the editor and said vitamins are
worthless
38 is better than three well 90 is
better than 38.
especially at 28 000 times the minimum
data requirement
why would you take the minimum well i'm
only going to put two quarts all in my
car
even though the maintenance book says
six i'm gonna save a few bucks here i'll
just put in two
people living under the bridge dumpster
diving behind mcdonald's wouldn't do
that
now this guy was just a recent story
died at 95.
and he was on my program for the last 20
years
we have distributors in atlanta georgia
including andy young

who is ambassador to the un he was
governor of i don't know he was the
governor
mayor mayor of atlanta for three terms
or something like that
he was our ambassador to the u.n he was
sending nelson mandela for 20 years
my stuff the healthy bony joint pack and
rebound
why do you do that because in 1991 andy
young was scheduled to have both his
knees replaced he had bone to bone
arthritis
mike glenn introduced us
i got him on the healthy bone and joint
packs
appropriate body weight in 90 days
regrew the cartilage in his knees he's
never had to have any joint surgery
in 22 years so he's been sending nelson
mandela my stuff buying extra incentive
nelson mandela for 20 years
that's why he lives v95
are beginning to get a picture here
now here's my favorite obituary i love
this obituary
this is a great story it tells
everything
this guy here is the oldest man in
america when he died at 112

in december of 2008.
died at 112 george francis and george
francis
lived through 19 us presidents whose
average lifespan of 75 if you take out
jfk
and presidents have at least one
college or university degree most of
them if they're lawyers will have two
or three they're cared for by medical
doctors
who have two basically two they're
pre-med they're medical degrees
some of them will have that they have
specialties they might have a third
degree or fourth degree
if they go to jail they might have the
fifth degree
but the doctors who take care of these
presidents are not country bumpkin
doctors these are the best of the best
right
and they literally 56 exactly half of
george's age i mean i couldn't have paid
for this
what makes this story so interesting is
george was an illiterate black fella
living out in the swamps louisiana
never been to a doctor had no insurance

because he never had a paid job
where he had a paycheck with holdings
and any medical benefits
he made his living by catching catfish
and crawdads and selling the cajun
restaurants in
gnarlins
had no utilities
had no insurance no doctors the oldest
man in america what on earth is going on
here
well when he died the reporters are
smart enough to ask his daughter what
did your daddy do and this is her
reading the newspaper
because he's illiterate he's illiterate
there got past sixth grade later just a
one school you know one room schoolhouse
kind of thing
so they asked her what did your daddy do
to live be 112 and she said
he broke all the rules of healthy eating
who came up with the rules of healthy
eating medical doctors would live to be
56.
so he just did the opposite of what
medical doctors said
and she went on to say he broke all the
rules of healthy eating with a diet
heavy heavy

heavy dairy eggs and large sandwiches

dairy eggs and large sandwiches now

we're talking about cholesterol

and saturated fat here

the oldest man in america never saw a

doctor

couldn't read illiterate

the oldest man right now documented by

the

israelite records if you look in the

book

rare has been cures under longevity you

look in the book

immortality this tribe the amyra indians

in bolivia

where this fella comes from is in their

the top 20 longevity cultures on earth

usually number two

they've never quite hit number one but

they're constantly at number two

their villages are thirteen thousand

feet they're always adjacent to lake

titicaca and bolivia

the oldest man in america excuse me in

the world the oldest man in the world

uh south america but in the world

there's an amara indian he's a sheep her

every morning

before dawn he wakes up and takes his

flock of sheep up

above where he lives he lives at

thirteen thousand feet elevation he

takes his sheep another thousand feet

about fourteen thousand feet he's there

all day

he heard sheep seven days a week 12

hours a day

123 years old his name is carmelo

flores laura oldest living person ever

documented

and in october of 2011

they recognized he was going to be there

and this year they documented him again

as still the oldest living person no

doctors no pharmaceuticals no insurance

nothing that you would go there for

health care i mean these are the

primitive people you can get they have

nothing

no utilities he lives in a mud hut with

a thatched roof

he's still hurting sheep at 13 14 000

foot elevation at age 123

no cane no walker no electric wheelchair

remember i told you about genetics

850

biotech companies 850 gene screening

things

these guys need to know their anatomy a

little bit he's got prostate cancer in
his left knee
he's got asthma's right shoulder celiac
disease his right shoulder
these guys don't know anything right no
wonder they're having a problem
of course eugenics like francis galton
and hitler still hasn't
changed have all these dating clubs for
people iq over a certain amount
kind of thing all the beautiful people
smart people
everybody else is we're going to spend
money on the beautiful people the smart
people
everybody else you're out right it's
still eugenics
and here's what he said gene sequencing
is not the solution to
curing cancer and diabetes and all these
other diseases solutions good chemistry
good biochemistry
nutrition they all sat there with their
mouth open
not a i mean nobody was breathing
the guy who got the nobel prize for it
said it's all been
irrelevant it's a word he used
they went down the wrong rabbit hole

it's not genetic now all the reporters
ran
out of there called the rhetoric well
you you can't believe what this guy just
said
so these are these editors are writing
down the story they're emailing them and
all the stuff
they go to the medical schools there and
say we want your input on this
oh james watson he's 80 years old
he doesn't know anything he he's he's
got dementia
why would you never appeared in any
other newspaper thank god my wife saved
this for me
this never appeared in any other
newspaper around the world
never appeared anywhere
but we're going to fix that
because this is a cover from our new
book coming out in march of this year
it's already been picked up by a big
publishing house a branch of random
house big new york publishing company
the death of the genetic theory of
disease transmission
remember doctors thought diseases were
caused by
evil spirits and then they thought they

could cure diseases by
finding a panacea if they could just
turn lead into gold
and then they knew that they could
cure all diseases because they were
caused by what was called spontaneous
generation that one that one lasted for
a couple thousand years
and then there was the germ theory oh
everything is caused by germs
one million british and japanese sailors
died in a 100 year period
from scurvy after the basic sailor knew
that you could eat cabbage and
citrus fruit and prevent it and cure it
one million british sailors and japanese
sailors documented
died in that 100 year period from scurvy
because doctors were still looking for
the germ
right after the civil war there was a
string of what was called retardation
centers all down the east coast across
this
old south the confederate
states retardation centers were built by
the american government out of the
goodness of their hearts and your tax
money

to take care of people who had pellegra
because they knew that it was caused by
a germ
and they wanted to isolate these people
just like they did for tuberculosis so
they built these retardation centers
people that had mental illnesses and
from pellegra
which is a vitamin b3 deficiency it's a
nia sufficiency
and for 150 years they're pursuing the
germ
until one guy went to an orphanage where
all the kids had pelagra
just gave him fresh fruit and vegetable
and cured in a couple weeks
so you shouldn't be too surprised that
the graveyards
are full of medical theories that have
been wrong
including the genetic theory has been
the biggest financial disaster
ever so here we go now
you know what's coming in the contract
they're going to have more publicity
about this book than any other book out
there in history
why because they believe that this is
going to have the same impact on medical
science

as gregor mendel and charles darwin
do you agree with the findings of dr
bruce lipton i don't even know who dr
bruce lipton is
he must be some local guy
did he start the tea company i don't
know who joseph lipton is what did he
discover
he says that the the dna is not genetic
well dna is not genetic that's right but
i discovered it
i discovered that in 1977 when did he
say it
he stealed it he stole your stuff he saw
my stuff
now this picture is profound his picture
was taken in 1978.
oh by the way the guy who wrote the
forward is jeffrey bland
he was he was linus pauling's last phd
student he was the director of the
pauling institute for eight years
this is not some schluck guy here right
he's a brilliant guy he and i've been
good friends for 35 years
i really didn't expect him to write the
forward to this because he said
i could hear him say well that's kind of
controversial while i want to see more

before i put my

so he sent him a copy of the early

manuscript

the titles subtitle

and he called me about two days later he

says i'm in i'll write the forward for

you

because over the years he's figured it

out too right

so anyway this is profound because

in 1977 i discovered the first non-human

case of cystic fibrosis

in a monkey the european primate center

at emory university in atlanta georgia

not a schlucky place i mean this is one

of the pinnacles of science in america

this was looked at

by all the experts in cystic fibrosis

they said you know wallach you're

correct this is the first

non-human case of cystic fibrosis no

doubt about it this is a classic case

of cystic fibrosis

nobody can die deny this what we want to

know is

how many other monkeys have this well i

did biopsies of age peers of this monkey

in a gang cage they're not related in

any other way

i deliver in pancreatic biopsies and

they all had cystic fibrosis

well i tracked back the diet of that

group and i figured it out i know

by then i already done like almost 30

000 autopsies

8 000 humans and 22 000

animals 10 million chemistries

the book i wrote in that is 1200 pages

it's in the smithsonian institute as a

national treasure

so this isn't just smoking pot and

coming up with a wild theory

this is based on 10 million chemistries

okay looking at nutrition and

pollution all that kind of stuff that's

why jeffrey billion likes me

because nobody else has ever done that

i'm not smarter than anybody else but

nobody has the experience

okay and so

i'm going to divert here just a second

it's worth three or four slides for you

to see this

because this is all coming out this is a

major part of the book

here's the emory university news release

1978. scientists at the erke's primate

research center

emory university have discovered cystic

fibrosis a young racist monkey

at autopsy the first non-human case blah

blah

this appears to be the first animal

model of cystic fibrosis we're all

excited about that's me

joel wallach right i'm the guy that made

the discovery

and these guys are like crazy with this

and then they fired me they fired me

24 hours after i told them that i could

i could create a thousand baby monkeys

with cystic fibrosis in six months if

they wanted that many we could have

every university

study cystic fibrosis and we'll have it

we'll know exactly how to prevent and

cure it

within weeks they fired me so well like

you must be sniffing

you must be smoking pot because

everybody knows it's genetic

that's why i'm considered one of the

founders of epigenetics

that's why jeff bland is so excited

about this book because it tells a whole

story

blow by blow detail by detail every

scuzz bag

doctor involved in getting me fired

because their genetic career was on the
line
they didn't care about the kids they did
not care about kids
they want to protect their little dung
heap
at first this is what the newspaper said
because of that news release
cystic fibrosis finding is hailed
breakthrough reported in the cystic
fibrosis fight
the minute it went to theory on cystic
fibrosis
is disputed
so i went back to school and became a
physician 1978
and began as an advanced standing
student so in 1978 right after i was
fired i began treating
kids with cystic fibrosis this little
girl here sydney
myers was up for a double lung
transplant at two years old
got her going reverse ergenic markers oh
by the way this is the
study that dr milan and i did in china
common denominators etiology and
pathology visceral lesions of cystic
fibrosis and keyshawn disease

cardiomyopathy heart disease in china

keyshawn province

i should have this over here okay

here she is at eight years old

we have dozens of kids now that we

reverse their genetic markers

positive sweat tests so on

little italian kid

i mean the hospital this is a blind

study not a double blind so i did a

blind study because we're giving them

this stuff and the hospital don't know

it

they're testing them every couple of

months they go positive positive

positive

positive negative negative what what's

going on here why do they suddenly go

negative

they run out of stuff for 30 days when

they're just less than a year old in two

weeks they convert back to normal

and they're three years old it takes

them two three four weeks they're 10

years old it takes them four to six

months when they're 25 years old it

takes them a year but they go back to

normal

now in 2011 in the

in the international laboratory animal

research journal

the entire journal in june of 2011 was

devoted to

serendipitous accidental findings

involving non-human primates the reason

why they did that

was because in 2011 the federal

government canceled all research in

primates because too expensive a

thousand bucks a day compared to a mouse

is 10 cents a day so you use mice

if you want to use primates go to bill

gates foundation go to warren buffett

don't come to us

so they did this whole issue on the

accidental findings and primates that

helped human

health to say please reconsider you know

don't kill

i mean we got billions of dollars worth

of facilities here and monkeys what do

we do we're going to kill them all

i mean come on we can't just suddenly

stop here so give us 10 years 20 years

that's they're trying to soften the blow

here

well you might guess you probably

guessed

that they gave five top stories and

accidental findings in primates that
benefited human
health guess what number two was
cystic fibrosis is a non-human primate
every university in 1978 reported a
classic
textbook case of cystic fibrosis found
in humans
had been identified in a non-human
primate an animal for which there has
not been described previously an
assistant veterinary pathologist
me actually has more than i was a
comparative pathologist of doing human
and animal autism but they
call me an assistant veterinary
pathologist i mean
now here it comes now be prepared for
this
let's see here oh we're down here
the diagnosis oh there we go an
assistant battery pathologist whose name
was withheld by emory university
they were so embarrassed that they fired
me in 1978 they wouldn't even give out
my name now are they that stupid
if they say oh gosh this was identified
in 1978 well that's easy they just go
back to 1978 find the news releases
so i started winning all these kind of

medals based on the stuff that went on
in 1978
now millions of kids have died
since then and they're still going to
die
because they never said well there was a
failed theory or whatever you know they
said nothing
they just said one was found
somebody needs to go to jail well
here's a result of that study and here's
why i'm considered
for the founders of epigenetics
up until this
award 2011
i'm the first veterinarian in the first
naturopathic physician to get this award
for 28 years in a row only medical
doctors and md phds got the award
i'm the first veterinarian the first
naturopathic doctor to get the award
and of course i just loved it that they
used the emory university photograph
you gotta love it right to show that
this discovery's been made by this
assistant pathologist who nobody named
that really pissed these people off okay
they could have they could have kind of
rectified or at least

gotten some sympathy from me if they
just said okay we fired this guy was
stupid on her part but our guys those
guys are all dead or gone blow but so
this is dr
schrouzer
awarding me the
gold medal the klaus schwartz now why
the clown shorts metal
because klaus schwartz is the guy who
discovered that selenium is an essential
nutrient
hua i'm very very proud of that
okay now we're going to talk mustard
history how many heard of mustard
history
have you heard of jerry lewis telethon
well jerry lewis hasn't done the
telethon for the last three years
because of me
i was it was an unintended consequence
we gave him
five years of studies on muscular
dystrophy kids that were curing
reverse all their genetic markers again
when they're
three years old a couple of weeks they
can lay there like a worm
and two three weeks they're up playing
soccer

all their genetic markers their blood
tests everything's normal biopsies are
normal
we gave all this we gave a pile like
this to jerry lewis on i don't know
maybe a hundred
cases their doctors called them cured
not me
we don't know why but they don't have it
anymore on their charts
so he gave him copies of that we gave
him email copies hard copies
and say jerry we don't want any money
from the musculus foundation we don't
need to do any research we already know
the cure
we know the confidence and cure of much
history all we want to know is these are
jerry's kids do you want to be the one
to make the announcement to thank god
the cure has been found
finally would you like to be the one to
make it he says well yeah
and so he takes all this to the medical
committee the must traditionally
foundation said look
this guy wallet has sent these in i i
don't know much about this but i read it
and it looks like they're

negative now they were positive before
they said wallet wallet can they look me
up and they said well he's the guy that
said cystic fibrosis 1978 can be
prevented cured not genetic
this guy's a nut we're not going to even
waste our time reading his material
andreas lewis said quote you know i've
helped you guys for 22 years i've helped
you raise over a billion dollars in 22
years
i've never asked for anything for myself
he said i really would like you to read
this stuff and you tell me then that
it's useless then i'll feel at least
we've done
our best and we've looked at it and
maybe his claims are nuts
but at least we didn't miss a chance to
examine every
stone right we look under every stone
but if you tell me you're not going to
even look at it i'm i'm really going to
be offended here
and they fired jerry lewis they fired
jerry lewis
that's why he hasn't done a telethon he
hasn't spoken about it because he has a
contract with him
non-disclosure can't work with anybody

else for 10 years after they part
all that kind of stuff so we're having
our first telethon
in february non-profit organizations
already existed called defying muscular
dystrophy defying monsters a d e f y ing
defying muscular dystrophy defying md
another way.com and
this organization has already we chose
to be associated with them
because they have their non-profit
status but they already have an fda
approved
study that they did and published so we
know
and so we say okay our goal is to raise
10 million dollars
what we're going to do we're not going
to take any of it all the costs
everything about we're going to cover
ourselves
we're not going to 100 of this going to
the kids we're going to do is take these
families
out of their own pocket bought all the
supplements did the dots just exactly as
we said gave us the records
we're going to reimburse them for their
expenditure for their supplements

for the one year that's what we're going
to do with the money we only get a
hundred thousand dollars we'll equal it
up and divide it up
but our goal is um 10 million dollars
which will then give everybody their
money back that are involved
we're not going to take a single penny
from it and so
this telethon you want to watch for it's
coming out february 21st and 22nd
and if you're thinking about donating
anything this year go look on
defyingmasterjeep.com go look at it
because they have films every two weeks
of all these kids that have started the
program
every two and you can see their progress
kids that couldn't even raise their arms
are now riding tricycles and ringing the
bells and it's just amazing
every two weeks they have another film
in these people
and so if you have in your hearts to
give a little donation i don't care if
it's 10 bucks
anything it'd be very sweet okay this
organization was started by this guy
here
todd harrison just turned 25 a week ago

this picture was taken a year ago
and uh he's been on our program for over
a year
and here's a guy's been a wheelchair for
eight years and now he's you couldn't
tell anything wrong with you just look
at his look at his films every two weeks
okay so he goes back again why isn't
jerry lewis doing the
telethon because they fired him they
don't care about the kids either
they didn't want their income stream
interrupted
they're taking 80 of it anyway for
administrative cost
shame on them shame on them absolutely
criminal
okay so now you know why we're
passionate about this
why did i start this company is because
i need an army to get the information
out
okay now i'm going to spend just another
10 15 minutes and i'll be done we'll
open up for questions and you give some
announcements all this kind of stuff
this is the basic problem
this is from food chemistry april 2012
and food chemistry is a very boring

but very well respected journal they
send graduate students out to the fields
they harvest carrots and beets and corn
and wheat and
tomatoes and all kinds of stuff and they
run tests on them for pollution and
nutrition
they publish every month the heading is
carrots and they have all the fields
that came from what state became what
county and
the analysis and only scientists would
really appreciate the value of that
but i read it every month because i'm
interested in pollution because i found
the first
case of mass die off in america from
evolution when i was doing all those
autopsies
the center for disease control anyway
april 16
2012 they looked at eight commercial
baby foods
similac enfamil um things like gerbers
very well respected baby foods they said
commercial available baby foods may
contain less than twenty percent of the
recommended levels
of minerals and vitamins less than
twenty percent

dog food has a hundred percent chicken
food has a hundred percent laboratory
rat food has a hundred percent
your babies and grand babies have less
than twenty percent now how do you make
up the difference are you going to go to
the doctor and say hey please please can
i have permission to give my baby a
supplement
don't even waste your fuel to get there
don't waste your telephone bill to lift
up the telephone and call them
don't embarrass yourself the reason why
it's this way
because the pediatricians who came up
with these formulas
had no training in nutrition
it's absolutely downright criminal you
would not tolerate this in any other
industry
okay so why do things look generational
i mean that's an obvious question why do
things look generational
well i have five generations in my
family with diabetes you're telling me
that it's not genetic
it's obvious as you know because i have
five generations well here it is folks
have you ever heard of gluten

intolerance okay gluten intolerance
doesn't mean you're allergic to wheat
a lot of diets will test you for wheat i
would say well you're not allergic to
wheat go ahead and eat all the wheat you
want bam you're dead
gluten intolerance is kind of like
poison ivy i can guarantee you
i just met most of you i guarantee you
that none of you in this room is
allergic to poison ivy because you don't
eat it for salad there's no pollen
associated with it so nobody's allergic
to poison ivy
but i guarantee you're all intolerant of
it
nobody would voluntarily without a lot
of money being offered to them
drop their pants let me take some nice
fresh juicy poison i mean rub it all
over your bottom
because you'd get contact dermatitis
wouldn't you it'd be
bad it'd be really bad okay
you would not like the result
the same way when you eat gluten and you
have a gluten intolerance
you're not allergic to wheat but you're
going to get a contact enteritis an
enteraritis an inflammation intestine

some doctors call leaky gut syndrome
because when they test you they'll test
what you put in here it all comes out
the other end they say well you got
leaky gut because they're assuming their
little pee brains are absorbing it
you're not absorbing it you've never
absorbed it at all you are not what you
eat that old as you are which eat that's
absolutely positively not true
you're not what you eat you are what you
absorb
and when you're gluten intolerant what
happens is those little finger like
villi that help move the food along also
they increase your absorptive surface by
85 percent
what happens is when you're gluten
intolerant they go away over a period of
months and years they just go away and
suddenly now
your intestines are just a smooth tube
like a garden hose you lose all those
villi
some of the classic symptoms of a basic
gluten intolerance are eczema dermatitis
psoriasis rosacea
asthma chronic bronchitis and then you
wind up with 20 30 different diseases

over the years as time goes along you
can't even if you're supplementing you
can't absorb the stuff
you wind up with all these diseases this
is a
cut article in the new york times sunday
magazine february 4th 2013 why is that
the title was eat no wheat the cover
picture
was a guy in a hazmat suit holding a
slice of organic whole wheat bread
now while these diseases are not
genetically transmitted
gluten intolerance is transmitted by
cord blood
and breast milk so one of my worst
nightmares is dealing with women who
love their breasts i am woman
i have breasts i have all this milk but
my baby is one of these colicky babies
and can't tolerate my milk
so i'm going to save the world i'm going
to donate my milk to lay lychee league
and they give somebody else's baby a
gluten intolerance
you see human breast milk is not perfect
food for many people
your gluten intolerant it is not perfect
food
i get them on the radio they call me all

the time i have an autoimmune disease
well tell me about it
yeah i've been to 27 doctors over the
last 14 years i also have autoimmune
disease
every year i get a new disease i have 22
diseases now i'm on 27 prescription
drugs
i have all these problems they've opened
me up and operated on me and taken this
out and taken that out and
and they're prepared to do it again
because nobody can figure out what i got
they said did you have your appendix out
yeah do you have asthma as a kid well
yeah i still have it
many skin problems yeah i got rosacea we
have gluten intolerance did any doctor
ever tell you that no but i was
i was diagnosed with irritable bowel
syndrome
for more than 20 years not a single
doctor if they knew it said anything
about it
i just think they're ignorant they
didn't even know it
but they should all go to jail because
ignorance of the law
is not a defense is it somebody has to

stand back and say you know
we've been treating crohn's disease the
same way for 70 years
it all winds up the same way in disaster
maybe we should re-look at this thing
you see there's no competition what's
the odds of finding the
right information if everybody knows the
earth is flat
a couple more here we do have go foods
we just bought this company this year
they're all organic no trans fatty acids
or hydrogen oils no msg no pesticide
herbicides
non-gmo 50 of the 25 foods we have are
gluten
and lactose free and their their
25 year shelf life we just sent an
entire boatload to the philippines we
just gave it to them
okay our distributors all chipped in we
sent i don't know how many
100 tons of this stuff literally 100
tons of this food over there
for those people they were glad to have
it
okay here's the bottom line folks
five or six more slides we're done
why do we call ourselves 90 for life
because there's 90 essential nutrients

60 minerals 16 vitamins 12 essential
amino acids 3 essential fatty acids
how long do you need them for life just
like oxygen how long you need oxygen for
life how long you need water for life
okay you need the 90 cents of nutrients
this is all based on people say you got
research on that well it's all based on
trillions of dollars worth of research
over the last hundred years
do agricultural schools do the u.s
department of agriculture
veterinary schools count of course they
do medical docs well that's just animals
hasn't been proven in humans we're
prepared to kill you
until it's proven to humans
well they they test drugs in animals
don't they they use them
so that's kind of a weak excuse
non-essential nutrients why they call
them essential nutrients for two reasons
number one you can't make them
you've got to consume them every day
there's food or supplements number two
if they're missing for any length time
you get horrible diseases all of which
are fatal some of them
have total potassium deficiency you'll

die of heart stoppage within a few
seconds
calcium deficiency causes 147 different
diseases all of which will kill you
it might take 40 years to kill you for
the calcium deficiency
every medical and dental specialty loves
calcium deficiencies because they all
make most of their money from a calcium
deficiency
16 minerals you know it's two-thirds of
the 90 cents of nutrients are minerals
that's why we focus a lot on them
16 vitamins 12 centimeter acids three
essential fatty acids
this i love this this is a cover on a
weekend magazine in the
globe and mail which is sort of the
canadian equivalent
of the usa today the bottom of this
cover article
was this and the top was this they said
what you're going to choose pills are
produce
now can you tell me how much vitamin c
is in that that tomato
you tell me how much folic acid is in
that green bell pepper you tell me how
many milligrams of calcium are in that
apple

no are you willing to throw your kids
and grandkids and your spouse
your brothers and sister mama under the
bus assuming that there's everything you
need in that food
for supposed to be the pinnacle of god's
creations that's pretty stupid
on the other hand you can take any one
of these and look on the bottle they
came in how many milligrams of calcium
how many
micrograms of b12 and so forth are in
there
so why don't you do both that's what i
do i do both
i like to eat well i eat very very good
food my wife is a great cook
and we have a lot of fun eating we eat
good food
but we also are obsessive about this
part we don't care what's in or not in
the food i don't care i don't need it
when you look at a label on the back of
a can of dog food that doesn't reflect
what's in the food
that's what we put in the food if we
were to analyze every batch of dog food
and say okay we need to put three more
milligrams of this in here to make it

right and 20 more
milligrams of that in there it costs you
500 a can of dog food so we just put
everything we know they need in there
that's what's on the label we have no
earthly ideas and we screen it for
pollution and poisons
we don't analyze it for nutrition we
just put everything we know they need in
there and anything that's in there
nutritionally is value added
you go to bed every night say i ate well
i had four different colors on my food
plate
i eat variety every day and i know i'm
going to make it to 100
and you die at 67 while you're jogging
drinking water this is a very profound
article and all i had to do was trim
this up a little bit to get it on this
page it's just a great great article
now where did rich people get their
supplements a thousand years ago two
thousand years ago
mummy dust there's actually
a business where the grave robbers would
grind up mummies particularly of royal
mummies
and sell it in bags of this mummy dust
as a supplement now think about it they

had bone meal in there they had
hyaluronic acid from the cartilage and
the tendons
they had b12 and selenium in the liver
mummy dust was a pretty good supplement
you think about it
but i mean only rich people could get
mummy dust
i ate my mummy
okay is that cool but there's a whole
section in this new book coming out
about mummy dustin and now the season
mommy does all the stuff all the the
whole
business the mummy does i mean went on
for hundreds of years
after a while when they ran out of real
mummies they go and kill poor people and
dehydrate them in the desert and chop
them up and grind them up and sell them
for mummy dust
because there's too much money in it to
give it up right doctors are very
creative
well here's where the poor people got
their minerals so be prepared are you
prepared for this
if you remember going to your parents
house your grandparents house had a wood

stove

okay what did they do with the wood ash

every morning they put them in the

recycling bin to save the earth where

the wood ashes go

in the garden went in the garden now

what ashes are not ashes

in the old days everything that was

burned had some kind of white or gray or

brown or beige powder

they call them ashes ashes ashes dusted

dust kind of stuff

and but really when you analyze those

wood ashes are really the minerals of

the trees sucked up out of the ground

and wood ashes are all not not all alike

because nutritional minerals do not

occur

in a uniform blanket around the coast's

earth they occur in veins like chocolate

and chocolate ice cream

some wood ashes some plant minerals from

a tree have three minerals in it some

have 10 some have 24 some have 40 some

have 60.

kind of like in the nikon peninsula in

the bolivian village the amount of

people

like laura 123 years old

dr lee cheung yoo 256

they'd burn wood take those plant
minerals aka wood ash just roam in the
garden and then eat the tomatoes and
squash
and the okra and the sweet potatoes and
the onions and the corn whatever it was
and they're getting they're getting
their
their mineral supplements through the
food that they've supplemented and
eating the food
they didn't get their mineral
supplements through capsules but they
got them
mineral supplements through the food
that they supplemented with these
minerals
now here it comes here's the bottom line
and then we'll end it
the bottom line is this folks at three
o'clock in the afternoon monday
september 4th 1882 it all ended
we know the exact moment because this
story was in the front page
was on the front page of every newspaper
in the world
it's on the front page of every
newspaper in the world this story came
out

monday september 4th at 3 o'clock in the
afternoon 1882
it all ended after thousands and
thousands and thousands
and thousands and thousands of years of
people supplementing with minerals
through wood ashes
it all ended in one heartbeat
it ended when this guy here thomas
edison pulled the switch
from the first commercial
electro-generating plant on pearl street
in new york city
on the bluff overlooking the
construction of the brooklyn bridge
here comes the ultimate question how
many plant minerals how many wood ashes
are left
over when you fuel your home with
electricity propane and natural gas
zero nada zippo
nothing and here comes the other
ultimate question what did you replace
as source and mineral supplements with
humans have done for thousands and
thousands and thousands and thousands
and thousands of years
nothing that's why you're getting sicker
because every time you harvest
a crop it pulls a little bit of minerals

out of the soil
if you're not replacing it you harvest
another crop it keeps pulling minerals
out of the soil and after a while you
got a dust bowl because there's no more
minerals left in the soil nothing will
grow without putting some
miracle grow in there or something but
that's only three nutrients npk
what about the other 87.
are beginning to get the picture here so
this guy
unwittingly unintended consequences
killed america health-wise
well here i guess i have two more slides
i apologize
here's what makes us unique this is a
compost pile
it has 77 certified organic plant murals
in it these guys are standing on a road
the 3000 foot elevation above
sea level this cap up here is 25 foot
thick
marine life so we know that because the
animal plant fossils
are marine animal and plant fossils came
from the seeds so this
compost is these plants is 100 plants to
take a handful that looks like

coffee grounds look at the microscope
you tell the plant cells and little
veins and everything and plants
like leaves and things it's been under
the sea for thousands and thousands and
thousands and thousands and thousands
and thousands of years
it's totally pollution free i mean there
is no pollution in there okay
there's all 60 essential minerals in
optimal amounts and this is a core of
everything we do
we have 25 different ways to get the 90
central nutrients we have a thousand
products
my favorite to get the 90 cents which is
a healthy start pack
you heard me talk about this several
times today this is designed for 100
pounds of human flesh per month for
perfect nutrition
perfect biochemical nutrition i take two
of these a day
plus all my other supplements to avoid
all the other health problems
i don't wait until they happen i just
take everything like i was getting you
know trying to cure it
so i don't get it it's called preventive
maintenance right

well this is good for 100 pounds of
human flesh hormones if you give this to
a 50 pound kid
or a 50 pound spanish midget who's 4
foot tall and 40 years of age it doesn't
matter if they're 50 pounds
this will last them two months give this
to a 100 pound person give or take 10
pounds
it lasts a month you give it to a 200
pound person last two weeks you go to
300 pound person last
10 days if you're giving it optimally
for body weight
then we went one step farther and this
is the last slide
promotion
i'm not a politician
okay this is a healthy start pack i just
showed you for 100 pounds of human flesh
per month
if you have diabetes or any blood sugar
problem you take the healthy blood sugar
pack
you take one of these per 100 pounds of
body weight per month
you tip your passing blood sugar every
morning before you medicate yourself and
as your blood sugar is dropping you're

able to see him will go hemoglobin's
coming down
you can reduce your medication just like
your doctor taught you to do
usually within two to four weeks you
leaned off your medication you're an ex
diabetic
people say you can't do that that's
genetically transmitted oh you have
gluten intolerance if you have five
generations of your family with it
it's not genetically transmitted and
then
healthy bone joint pack if you have
arthritis lupus tendonitis
degenerative disc disease peripheral
neuropathies anything to do with
bones and joints and discs and cartilage
and ligaments and tendons and muscles
one healthy blowing joint pack for a
hundred pounds of body weight
healthy digestion pack if you have
reflux there is no such thing as acid
reflux anybody who says acid reflux
should be put in jail
anybody can push on proton pump
inhibitors should be put in jail
why do you have reflux because you don't
have enough stomach it should be called
lack of acid

reflux because you don't have enough
stomach acid well there are three
functions of stomach
acid number one your capsules intrinsic
factor can't work to help you absorb b12
without
you you get your p you need your ph very
acid needs to be below two
one being the most acid 14 in the most
alkaline seven neutral
you start getting up towards neutral
four five six your intrinsic factor
won't work you gotta go in your doctor's
office every month
get a b12 shot otherwise your b12 level
your blood goes down
that's because you restricted salt salt
is a raw material for your stomach chief
cells to make
stomach acid anybody who tells you
strict salt should be put in jail for
the rest of their life when they die of
natural causes
your body should be fed to a rabid dog
the rabbit dogs poop fed to another
rabid dog
okay and then the second reason why you
need stomach acid
is for pepsin to work pepsin is a enzyme

your stomach makes you digest proteins
down into
individual amino acids you don't do that
you get a new allergy
every month i used to be able to eat
this all my life and now suddenly i'm
allergic to it
that's why you didn't have enough
stomach acid to break that protein down
into an individual
amino acid and then thirdly
equally or even greater importance the
reason why you need to have an acid
stomach environment
below two ph low two
and because it keeps your stomach
sterile
bacteria viruses fungus and yeast won't
grow in there with a ph under two
you get above three four and five stuff
grows in there like in vinegar it'll
grow in there
every time you eat something it's moist
and dark and warm in there
it's kind of like silence of lambs
those moths they just love that
environment right there's a perfect
environment for those moths
your stomach at a ph of four five and
six is a perfect environment for yeast

and bacteria you eat stuff
they begin to ferment and immediately
you generate gas start belgian burping
up
the fluid your stomach which is not
really acid it's mildly acid maybe a ph
of four or five
or six it tastes like vinegar you know i
got acid reflux
no you got lack of acid reflux so we
actually have a wonderful product called
ultimate enzymes
it's part of our healthy digestion pack
you take one or two of those sturdy
minutes no excuse me three to three to
ten minutes before each meal with a
couple ounces of water
it re-acidifies your stomach solves all
these problems
you need some emergency care just in
case you have something really go bad
when you're out someplace
these are ancient legacy peppermint oil
put four or five drops of peppermint
a cup of hot water i've had people for
23 years they couldn't even talk
one pastor's wife um pastor hunter in
fort wayne indiana
he tells a story from the pulpit so i'm

not telling out of school
he was there because it's the oldest
black church in fort wayne indiana he's
a pastor there
and he um a big tall you know six foot
five basketball player but he had knee
problems and diabetes and
high pressure so i tell him what to do
for himself and his wife is sitting next
to me
belching burping boy ma'am
how long have you been it's
uncomfortable i didn't want to say
anything bad so i just how long have you
been
suffering like this and she couldn't
even answer he says oh she's been like
that for 12 years
for 12 years background noise from
that's the way it's been you know she
has to stay downstairs but she disrupts
his church service and she can't sing in
the choir anymore
so you know she's personal on ground in
the church
and um said oh have you tried pepperoni
oh yeah doctor told her you can't have
pepperonis it's too acid
so i had to have some with me i said
hold tight

if i go over it's like one o'clock in
the morning in a hotel lobby so i pull a
cup of
hot water i put four drops of my
peppermint oil
in her thing i said don't drink it just
smell it i'm looking at him with one eye
like a chameleon looking at her with the
other one
and i'm talking to him about his
arthritis and his highway pressure and
his diabetes
what to do if they're writing down what
he needs and she's smelling it and
smelling and smelling she couldn't
resist she took a couple of sips
i'm going to demonstrate to you what
happened like in 10 seconds after she
took those
two sips she stands bolt upright
she says i'm sure i'm tired
this is one o'clock in the morning
lobbying this hotel everybody's waking
up lights are going phones going off
what's going on in here
she's never had reflux again she's been
taking the ultimate daily tablets and
taking her
peppermill if she ever had kind of a

episode

wow hello

no didn't god say go forth and be

assaulted the earth

is that right and doctors say don't use

salt

doctors literally 56 god lives forever

okay so you get the drill so the bottom

line is here

if you supplement before you get sick

you won't get sick

it's kind of like prevent maintenance

your car you put all your car after the

engine burns up before the engine burns

up

before the engine burns up do the same

thing for yourself be like me

you know the odds are you won't have to

go to doctor very often and the medical

system will become real humble

and hopefully we'll have nice doctors

who say you know

this this healthy start packing the

healthy bone joint pack of the healthy

blood sugar pack

healthy digestion package a lot better

for my patients than

nexium and prillosec and all these

proton pump inhibitors

and better than bad advice of

eat less and exercise more to get rid of
your obesity
it'll be better than heart transplants
and digitalis and water pills for
congestive heart failure
it'll be much better than having to deal
with kids born with terrible deformities
and
and birth defects are totally 100
preventable
but we're going to have to do it because
the doctors and the government's not
going to do it
it's just not going to do it so if you
think you're going to take petitions of
them to move them
ain't happening didn't happen i want to
thank you very much i know i went long
but you seem like a great audience and
you came here tonight during the
holidays so i thought
i'd give you more than just the crane
here give you
some basic stuff and now you're armed
you know you can't put the genie back in
the bottle you're very dangerous now
not the fact that you know this stuff
for the fact that doctors don't know
this stuff

except the two doctors were in here
tonight they probably knew a little bit
before they got here so i'm looking for
people not only to help us so i mean
the customers use this stuff and get rid
of your problems it'll be wonderful
but i'm equally interested in you
becoming one of our
sort of physicians assistants we pay
obscene amounts of money we're publicly
traded i'm the only naturopathic doctor
who's publicly traded
we're moving on up to the nasdaq
we started out in the pink sheets they
went to the bulletin board and then we
went to the
otc whatever it is and now we're poised
to go to the nasdaq
because this stuff works i've been doing
it for 35 years it never fails
it never fails never if you do exactly
follow the recipe exactly it will never
fail
so did you want to say anything before i
answered a few questions or give away a
few things for the giveaway yeah
no go ahead we're going to give away a
few items
[Applause]
i'll answer your questions in a few

seconds

okay you have your ticket ready we're

going to call some numbers

815059

anybody have that

i have four brothers who started me with

when they were 10 to 14 years of age

that was 14 years ago all four of them

are millionaires now

in our business so you really want to

consider doing this it's a one-time fee

at 10 bucks

your parents will help you out a

one-time fee 10 bucks you become a

student of this information by the time

you're 16 years old you'll be able to

pay for your own car

pay for your own car insurance that'll

be a burden off your family

815.058.

all right we're sitting in the front row

okay one more

giveaway okay

eight one five oh five zero

all right thank you very much

thank you

let me put one more file in here almost

forgot it here a second

because underneath that stuff let me put

this away before i do forget it

okay let's take 20 30 minutes we'll

answer questions

we'll start out there yes sir yeah you

have

well i've got a few questions like that

have you had any

success people who have had

peripheral neuropathy

that have regained normal feeling in

that

experiment absolutely we do this a

thousand times a day and do it for 35

years is a very simple disease it's a

back problem you have peripheral

neuropathy it's always a back problem

how much have you shrunk since you were

20 years old how much of your shrunk in

height

i don't believe you yeah i literally i'm

six foot tall it seems i wasn't at 18.

okay anybody here six foot tall exactly

come up here please

do you look taller than six foot two

today yeah you got big shoes yeah i got

used to that

okay just stand back-to-back

bigger boy yeah it's a little bit taller

than six

he's got thicker soles oh yeah okay

so okay but you have degenerative disc
disease is your problem
what happens is when they verb rate
get closer together they smash the roots
of the spinal is coming out from between
the
the um lumbar vertebrae when you lay
down at night to go to sleep do you get
creepy crawling in your legs or cramps
or anything like that no i used to
it's been about 15 years ago that i
discovered i had this the doctor told me
it would only get worse and never had
resonance
syndrome yeah and he also told me i was
ridiculous without i was reading too
much i started reading up on it and
changed my diet
pretty good and went to
using no alcohol at all that no alcohol
was one of the worst things to
move what do you weigh right now my
weight is about
185 okay close enough to 200 pounds so
you're a perfect candidate
you want to write this down you're a
perfect candidate
and
so you guys so i need somebody here to

write this down for them

so we

yeah do you have anything else that you

know about high blood pressure diabetes

anything like that

[Music]

i'm mildly diabetic i kind of like being

pregnant is anybody mildly pregnant

well i'm not as diabetic as i was when i

discovered that with diabetes yeah

because you're working on it for diet

that's good

but you're still a diabetic yeah and

people say well i got under control of

drugs no you don't

you can have your blood sugar under

control you're still going to die

diabetes

pretty much under control with diet and

exercise it doesn't matter it's not like

it was

before yeah see you've got the blood

sugar blood sugar is not diabetes it's a

symptom of diabetes

so you can still get your symptom under

control just like you have brain cancer

you take an aspirin to kill the pain

drain and you solve your problem

no all you've got to solve the symptoms

right okay so

he needs two healthy bone and joint
packs per month they could pull those
for everything at breakfast
polos or anything at dinner that'll be
allowed by the two healthy bony joint
package remote
and that will also allow you to have 15
glucago capsules a day five at breakfast
five at lunch five at dinner and that's
to rebuild the disc in your back
if it's a millimeter or two per disc
push them apart
and relieve the pressure off of those
roots the spindle is coming out from
between your vertebrae now there will be
two canisters um two wide mouth jars
of cm cream one with each of the healthy
bone joint packs
you have your lovely wife here put on
your lumbar very right down the middle
two or three times a day and about an
inch on either side
so you're gonna be a space about that
big about two inches wide right down the
middle
from your last rib down to your tailbone
kind of thing and
it'll relieve a lot of that inflammation
a lot of times you'll get relief just

even before you regrow the disc between
the vertebrae just from relieving
the inflammation and swelling okay
and it'll all go away that quickly very
quickly usually 60 90 days is gone
very quick never fails never fail
pretty bold statement anybody else have
a question
yes way in the back when does that
epigenetics come out epic dentist is
coming out in march
all this stuff is in this book coming
out in march
again i'm very excited about this
because this um as part of the contract
this publishing company
is obligated to get this on every tv
program and radio and newspapers and
university lecture series and
all kinds of stuff this is they really
had their scientific committees look at
this and say
this is a landmark book and so they're
pouring a lot of money and effort
coming out in march of this year uh of
next year see that
thank you anybody else questions that
where are you out okay
any more questions last chance here okay
okay

one more one of your slides there you
you mentioned
uh telomeres and it's something that
we're hearing about now
did you comment on it yes um there's a
thing called a hayflick limit
if you read the book rare earth vin
cures which came out in 1994 i talked
about the hayflick limit
which is a guy by the name of leonard
hates like he's an md kind of a
geriatric kind of guy he was always
looking at longevity and he believed
in in cell culture the cells were only
divided 51 times and they were dead they
just couldn't go anymore he attributed
he started looking at the telomeres and
every time a cell would divide in a cell
culture
they would lose a little bit of length
as telomere and by the time the 51
came along 51 duplications the cell is
dead because there's no more telomeres
left
they didn't quite know what to do about
it but that was back in the 60s
and then in 2009 the nobel prize was
given
for the people who understood why these

telomeres sharpened every time these
cells duplicated
and they came up with theories and to
send the other how to prevent that from
happening
we began working on that we actually
worked with
um clemson university in clemson south
carolina
in normal human cell cultures for just
this very thing we use our products and
guess what
it just worked like a charm unlimited
endless duplication
restore your telomeres restore them they
never go away
never go away and so we actually came
out with an additional product that just
focuses on that one subject it's me
released
what is it wednesday or tomorrow all
right yeah tomorrow
is tomorrow new year's eve yes that's it
release tomorrow two o'clock four
o'clock something like that you can go
look on our
um schedule of all the conference and
everything we do but it's either two
o'clock or four o'clock it's gonna be
released

i can't i'm under obligation under
threat of death i can't tell you the
name of it
um of course it's all been trademarked
patented we've had all this we've had
literally millions of dollars worth of
research done by big universities
private companies
this is heavy stuff and this prevents
the telomeres from going away every time
the cell duplicates
and so i started taking two of them
twice a day it's not something you're
gonna get energy like
energy drink or anything like that
because one of those things you take
forever and your engine doesn't burn up
okay so i started taking them about a
week ago
and you know you're not going to tell
any different except you're going to
slowly get younger
because the telomeres that have been
damaged or shortened before i'm going to
sneeze in a second
excuse me we'll actually grow back to
normal
if you have some damaged cells they're
looking to go the wrong direction

this this tablet actually has two pieces
to it and one piece
knocks off the injured dead cells it
can't be helped the other piece
helps your telomeres regrow and it's
really a great little
system and this is coming out to add to
the
90 essential nutrients it's the other
piece and so we're so excited about it
and um uh once it's out and everybody
knows about it i'm gonna start doubling
up instead of taking four
day like the doses for 150 pound man or
woman
i'm going to start taking a today
instead of four in it i'm going to take
four twice into the two twice a day
because i i point out the center field
and so i've got to get there right
i'll do everything i can yes sir have
anything going for
uh yes um
there's two things you have to worry
about the prostate one is enlargement
you get up at night to take a pee
uh you have a struggle getting a strain
going you have to urinate and all kinds
of stuff like that
there's prostate cancer outside of

prostate cancer

nobody ever dies from prostate cancer

never kills you

when you get treated for prostate cancer

it's always the treatment to kill you

prostate cancer will never kill you it

never goes your liver your lungs your

brain it goes regionally

to your bones your pelvis your thigh

bones your femurs your

vertebrae kind of goes into this area

here but never goes to an argument where

it's going to kill you

it's a treatment that always kills you

so even even the fda says oops you may

want to

reconsider treatment for prostate cancer

but doctors who are on colleges they

keep pushing it because that's how they

make their money that's how they pay the

tuition for their kids to go to harvard

and how to get student loans right 85

percent of the men who die

after 85 have prostate cancers usually

the size of a head of a pin

has not metastasized anywhere the psa is

like 12

and so forth they've got plastic can but

it doesn't go anywhere

they die of a hard tackle they're having
sex with a 20 year old you know that
kind of stuff
and so they get hit in a car accident
and die or fall off the roof or paint in
the house
but they don't die of prostate cancer
then positive cancer never kills you
but what you want to do is be smart and
i'll tell you what to do about prostate
cancer nutritionally in a second
because the same thing is true for a
large prostate
benign prostate hypertrophy bph
and this is actually caused by
nutritional deficient what's happened to
your thyroid gland when you're deficient
iodine
does the shrinker get bigger it gets
bigger you get a goiter
so your deficient iodine your thyroid
gland gets big
what hems your prostate gland when
you're deficient in selenium it's big
see so sleep deficiency causes benign
prostate high perception
so you take the 90 cents of nutrients if
you're a man
i take extra sleep for that very reason
i don't have time to stay in front of a

toilet for five minutes to get a stream
going
and so i take three uh slain twice a day
in addition to my
two healthy start actually two healthy
bone and joint packs i take
two um bottles a month of um selenium
three bottles a month of sleep if i take
three twice a day
i also take prosthetics which is a a
blend
of asian african and north american
herbs which will shrink your prostate
gland even if it's already enlarged
and support normal function of prostate
glands so i take three of those twice a
day
that's two bottles of that a month as i
go around the country
i have some of our little warehouses
around so every time i go there they
have to restock me
they send the bill to my wife they
restock me right and that way no matter
where i go i always have
i i take people say why do you take
three suitcases with you
we know you're gone for six weeks at a
time but why do you take three suitcases

one of them is a three month supply of
my supplements they say well you're only
going for six weeks why are you taking a
three month supply
you ever heard of mountain minituba in
the philippines when it
when it erupted they grounded airplanes
there for three months
why would i die saying you know i ran
out and i couldn't get any more
so i take three months with me that way
if ups can't run because the grid's down
or something i get someplace they say
sorry it didn't come well like
i've got a three month supply with me i
pointed out to center field
i can't afford i'm obsessive
so i'm prepared to pay extra shipping
for baggage if i have to but if i go
delta airlines i apply with them so much
i get three bags
free and so when i go delta which is
like nine percent of the time i get my
three bags free every once
while i have to sick me on usair or
something like that then i gotta pay
that one back i don't care
but my little plastic land is little
it's healthy it's happy nothing better
to have your prostate gland yesterday

the things you were talking about in
costa rica costa rica
and in china i'm sorry the veins you
were talking about where
they have the 90th century well they
don't go from one place to the other
they're kind of there locally um you
know when the earth was solidifying
there were things happening the earth is
going around right and
some areas or denser amounts of these
minerals as earth is going around
you you put a bit of chocolate
in the mixing bowl and even don't put
the blenders in there but you turn the
motor on so it's going around around
what happens with that blob of chocolate
it starts spreading around foreign
there's some places that have more than
less and and the same principle is true
that's how that happened and by dumb
luck some areas have a lot of something
for instance we know there's certain
areas in the world i mean i i was taught
this
in third grade in school they don't
teach anymore there are places
in america that don't have much iodine
also they have high rated goiter

the glider belt hello you think that's
the only mineral out of the 60 that
there's
there's zones that have the u.s
geological survey
that shows where the big concentrations
of each of these essential minerals are
and when they're deficient ah lo and
behold
there's no sleeve in the soil high rate
of moisture industry
high rate of cystic fibrosis high rate
of cardiomyopathy heart disease
hydro high rate of ms high rate of
cataracts
all the way sure sleep deficiency
diseases
and so once you know you say well why
even worry about it just take them all
and optimal amounts or at least
myself i take more than often ounces
minimum i take 10 times or someone might
take 10 times like arsenic i take 10
times the minimum amount because there's
a bell shaped curve that's getting up
there
where it's almost toxic but i don't care
i'd rather have 10 times the minimum
daily requirement
it's an essential nutrient prevent

certain types of leukemia that reverse
certain types of leukemia why do i wait
till i get it
some things like um oh
lead is thought to be toxic it is
there's a bell shaped curve
not enough you're gonna get the patients
here aren't able to duplicate right
without lead in small amounts
you're totally lit you notice that the
fda and the epa never say
where we're going for a lead-free
environment they always say you got to
be
below 28 parts per million or whatever
it is
right that's because you need it you
need some there's a bell-shaped curve
you don't have any you get this disease
there's an optimal amount and then you
get too much it's poisonous same thing
with water
there's more people in america die from
water intoxication every year
not drowning but water intoxicating they
drink too much too fast it dilutes out
the potassium and they die of heart
salvage
water intoxication more people die of

that every year during hot weather than
anything else
wow far intoxication and so
nobody wants to die of something you can
prevent and so i don't
you know i don't recommend take rat
poison but by taking our supplements
we've been doing this i mean people have
been doing it for hundreds of years
before we came along
the indian tribes were using this stuff
that's how he learned about it
and so we figured out based on animal
studies and human studies
what you need to do to make this perfect
and we made it perfect we've been doing
this for 35 years
and i've been taking at least in some
cases 20 000 times the minimum data
requirements so the water soluble things
like b vitamins and things
i'm not going to get congestive heart
failure i'm not going to get coarse
cough syndrome
yes i have uh skin problems like
psoriasis
and gluten intolerance i know from here
you also have a copper deficiency
a raging copper deficiency which
contributes to the skin problems

um do you also have um

for instance any spider veins or

varicose veins spider veins

varicose veins yeah very common goal

varicose yeah

and you could even have hemorrhoids

which are varicose veins and funny

places

these are all caused by copper

deficiency even more scary

aneurysms whether they're up here

coronary

arteries ars aneurysms are caused by

copper deficiency to break down the

elastic fibers and blood vessels

there's low pressure in a vein so you

just get

you get spider veins and varicose veins

and hemorrhoids there's high pressure

in an artery so you get blowouts called

aneurysms right

just like you hit a chuck hole with your

tire you break the cords in there

that's caused by copper deficiency

you're at high risk for an aneurysm

you have white green silver hair that's

why you have varicose veins because you

have white grains over here the same

thing causes migraines over here

a copper efficiency causes aneurysm now
you're at high risk for croissant
jacob's disease
which is the name for human version of
mad cow disease
mad cow disease is not caused by prions
it's caused by copper deficiencies
all this stuff is coming out in this
book what do you recommend
do you have products oh yeah you have
the you're a big guy you want two
healthy heart
you have to take two healthy heart and
brain packs or two healthy start packs
and then you throw in
three of our selenium three times a day
why sleep it's not asleep it fits a
conversation well
they put lots of copper or selenium
because there's a cofactor necessary for
the sleeve to work properly
so that's how you're going to get the
most selenium is by taking six of our
saline today
of the most coppers is to take three
cylinder breakfast and dinner that's two
bottles a month
and i would take two of the healthy
heart and brain packs or two healthy
start packs per month plus the extra

copper
which is in the selenium your hair color
will come back you got to be on a
gluten-free diet the psoriasis will go
away
usually then the guy your age of the
three to six months will go away
but the dog in the house the cat
everybody living in your house
wife sister kids grandkids grandma
mother-in-law
everybody's got to be gluten-free
because just cross-contamination laundry
the couch the rug the food preparation
service will get you
yeah okay thank you uh who has not asked
your question yet yes
i have a friend who has a brain tumor
benign the doctor said that she should
just wait into like vision and blurry or
something but is there something you see
absolutely now i'm assuming this is in
the pituitary gland
either the benign tumors or the
pituitary gland how old is this person
okay
is it male or female does she have any
other sort of problems that may or may
not be related to this like does she

drift milk on her breast

does she have high blood pressure does

she have diabetes

nope just this this is enlargement in

the brain okay

yeah so here's what here's what i would

do get around a gluten free diet

anything going on with the brain you got

to get on gluten free

no wheat broth around oats no fried food

no processed meats with nitrates and

nitrites no oils

what does she weigh she's big or little

160 okay then she needs two healthy

heart and brain packs for months

i think right and they know what this is

two healthy heart and brain packs one

pelosi breaking convolution dinner

now here's the secret sauce for this

girl

additionally she's gonna need 12 hch a

day six at breakfast

and six in bed time with a glass of

water i take six spikes a day

why do i do that because i don't want

these problems i want milk dripping on

my breast you know i don't

i don't want these problems you see

these little kids i get called by

grandmother's mothers every week i've

got a four-year-old granddaughter
the pediatrician says she's got a brain
tumor and her pituitary's benign
i'm going to crack her head open and
take her tooth cherry gland out and i
said well before you consider that let
me offer you an option i have to ask you
one question
your granddaughter or your daughter on
soy milk oh yeah
she was colicky which tells me she's got
a gluten intolerance
she's colicky and so he had to put her
she couldn't tolerate breast milk or
farmless so he put her on soy milk she
had
soy milk for her whole life well guess
what's in soy milk phytoestrogens
the stuff you give post-menopausal women
why would you give a four-year-old girl
or a four-year-old boy the same thing
you have a close menopausal woman for
phytoestrogens
it's an insane thing now tofu which is
fermented soy doesn't give a problem
no problem like that in china when you
give them soy milk it's a totally
different problem because it's not
fermented

so gotta get off the soy milk all soy

okay

and that double dose of the it'll say

six

capsules a day she's gonna go through uh

two canisters a month

of the hgh six in the morning a little

glass of water six

bedtime a glass of water he'll give the

tray everything it needs for raw

materials

she got to take a gluten-free diet so

she can absorb it right

it'll all go away but i'm glad the

doctor said

he's smarter than the average bear

because he said let's not be

hasty here let's wait okay

yes ma'am

coming out tomorrow how many would a

person take

uh if they already have a cancer problem

uh panic

cancer how many would they take a person

already has a cancer problem i would

kind of double or triple the dose

because this stuff is designed to knock

off

the bad cells and support

longevity and health of the good cells

to sort of
crowd out the bad stuff right um so
depending on what they weigh i'd have to
take two healthy start packs per month
they weigh 150 to 220 pounds
they weigh 300 pounds be three healthy
start packs they need
three selenium twice a day per hundred
pounds of body weight i'd also give them
the um i can't i gotta be careful not to
name the product
the z radical which is a different thing
i'd give them two ounces a day
for a hundred pounds of body weight if
they get diarrhea cut it to one a day
but start them out with two twice a day
with a z
radical and then when this new product
comes out tomorrow
i'd order that for them immediately and
at least give them four a day two twice
a day would be minimum i go
whatever they can afford and company
nope remember there's a bell shaped
curve
and we're talking about based on cell
cultures we're talking about
the average dose that did the job here
myself i'm pointing out the center field

so i'm doubling and tripling 128 000
times
that kind of stuff i wouldn't do twenty
eight thousand times the minimum dose of
arsenic
that wouldn't pretty much that might
knock me off but i can do
ten times the minimum daily requirement
of rbc
okay yeah oh yeah
it's patented trademark but i can't give
it out until tomorrow 100 views you
thought you'd get me didn't you
yeah your mom friends yeah right how is
rice milk and almond milk by comparison
to
okay it should be against the law for
them to be called milk yeah
there's a lot of poor people who cause
malnutrition in their kids
oh they're allergic to milk so i gave
them almond milk no supplementation the
kid winds up with every disease you can
think of
because there's fat and calories and
maybe a little bit of this a little bit
added there but it's not the equivalent
of nutrition of milk
so it should be against the law to call
soy milk almond milk rice milk milk it

should be
rice drink almond drink or something
like that sure or just
that's one of my pet peeves is soy worse
than almond and rice what can you say or
well you can't say it depends or is your
own okay
it shouldn't be used as a formula
replacement for babies
i'd go from cow's milk or breast milk to
goat's milk
those were actually designed for a four
pound baby so it's actually much better
ghost monk is actually much better for
human babies than is cow's milk which is
designed for a 40-pound baby
our babies can't drink enough cow's milk
to get enough
for ghost milk they can because it's
kind of very concentrated for small
babies
make sense okay you have a you mentioned
this product
a lot tomorrow is our website we can go
through the that'll be the name of the
product
what letter does it start with
what letter does it start with
tell us the letters actually

um the name of the manuscript that
you're talking about the paper that you
wrote the 1200
paper that's in the smithsonian well the
appointments in the smithsonian
institute 1200 pages
is considered a national treasure
according to the smithsonian institute
in fact i didn't show it to you but
these books are now selling for 10
000 a book on on amazon.com the cheapest
ones are like 400 800
and these are beat up and the covers are
falling off well they're pristine still
you know the cover never been opened up
and still in the plastic bag
10 12 13 000 per book
we sold them we first printed them um by
wp saunders which was the top
medical text the publication company
back then
where can i read it i mean without many
libraries have it
libraries they probably won't let you
take it out anymore because it's so
valuable they'll probably make you read
it in there
right um but if you can find one online
at amazon.com for less than 300 bucks
i'd get it

right what's it called it's called the

diseases of exotic animals

the diseases of exotic animals yep okay

it's not about pole dancers

we had one guy ask me that no

okay one last question from somebody

that hasn't asked one anybody hasn't

asked a question

okay

you

[Music]

today it's my great pleasure to

introduce to you a man

who has been so far ahead of the pack

that if i said he was cutting edge i'd

actually be insulting him for being slow

this is the man who taught us that

ulcers could be treated through

antibiotics

that kidney stones were actually a

calcium deficiency

that rheumatoid arthritis was an immune

problem that again could be treated

with antibiotics all these are

mainstream strategies today but 10 or 20

years ago when doc started it was very

avant-garde

in fact probably heresy i want to get

into today doc's newest statement which

is

exercise without supplementation is

suicide

and doc this is a very intriguing

concept but you know

down through the years you've had so

many things be proven right time and

time again

i guess my first question to you is are

you the sherlock holmes of a health

carer

i like to think so i think that's

probably pretty kind description of what

i do

and of course the thing that made

sherlock holmes famous was the fact that

he would say just the opposite of what

scotland yard was saying and he was

always right

i'd say you hit the nail right on the

head i like to be a sherlock holmes

what got you onto this line of thinking

especially with the athlete

right now everybody's telling folks to

exercise so are they just putting their

head in the news

they're actually putting their head in

the noose they're actually cutting their

life by 30 40 50 years if they exercise

and don't supplement where i ran into

this was about
50 years ago people began to study what
sweat was
and they heard these little bitty
articles in biochemistry journals
the makeup of sweat was very interesting
most people thought sweat was primarily
just salt and water
but sweat contains everything that's in
your blood and as you sweat the primary
purpose of course is to cool your body
but you're also losing nutrients you're
losing amino acids you're losing
vitamins you're losing
major minerals you're losing
electrolytes you're losing trace
minerals rare earth
and it's a kind of a trickle chart it's
kind of like a toilet that just sort of
runs a little bit drip drip drip you get
a water bill for 500 bucks at the end of
the month
didn't seem like much but does in fact
cost you in health and longevity
and so about 25 years ago because i was
an athlete in high school in college i
played football and wrestled
of course you sweat a lot in both those
sports and i only weighed 123 pounds

and played middle linebacker and played
offensive center that's back in the old
days when players played both offense
and defense
and only 123 pounds i was very
aggressive but never got an injury and
all these big guys 200 240 pounds we're
always getting injuries and their ankles
and so forth
and the reason i didn't was because
living on the farm
i was able to have access to trace
minerals that we gave to calves
and so putting together practical
experience and
taking advantage of some what was 50
years ago esoteric research you know
what's in sweat kind of thing
put it together and came up about 25
years ago that you were in fact throwing
your life away if you were exercising
and not replacing the minerals you're
sweating out
wow you know it kind of reminds me back
i don't even know when this was but
all of a sudden jogging came up and was
it bill kick dim fix
fix okay they're close jim fix a spell
with two x's f i x x
and of course he died at 52 and he wrote

all the books run your way to health jog
your way to health
and there wouldn't be any running shoes
and yeah it wasn't a number of the
runners including him just all of a
sudden died
they all do they all die suddenly pretty
profound statement all these guys are
supposed to be healthy they have four
percent body fat
what it is they're sweating out all of
their minerals which protect them from
various diseases including
ruptured aneurysms including heart
attacks in fact there was
a long-distance runner who died in july
of 2000 his name was leonard hilton
he ran the sub format mile 32 times and
he was a student of gem fixes
and always praised jim fix and all his
knowledge and training techniques
and jim fixed nine of 52 and leonard
hilton jim fix a student
died at 52. that's pretty much what
you're going to get there has never been
a professional athlete live to be a
hundred
and if exercising of itself was useful
for health and longevity there should be

a lot of professional athletes living to
be a hundred
not a single one craig wow it might have
been you that says a couch potato is
actually living longer than these guys
you're exactly right that's me
i like to teach people the basic truth
by saying something's very provocative
that way they remember the concept
but basically what i did since there's
lots of articles written by long
distance runners saying hey you guys
we can get high we can make our own
opium in our brain and you can get
drugged out running long distances here
and get into la la land legally not
worry about getting arrested or anything
just by running you can lower your
cholesterol by running you can lower
your
body weight a couple of points you can
get your body percentage of fat down
there's all kinds of wonders to running
how healthy it is it's good for the
cardiovascular system
but it always kind of fascinated me
there was never anything that said
athletes live longer
so i decided to do my own survey and i
started looking at obituaries

of professional athletes and university
and college athletes
compared with obituaries of couch
potatoes it's always kind of funny
that librarians live to be 100 and 304
conductors live to be
89 95 and housewives lived to be 115
and so forth and the old couch potato
lived to be 88 to 120
and professional athletes the average
lifespan of 62-65
the ones who play the most the ones who
are the stars die the youngest
and you look at some of the famous ones
red grange jesse owens
people like wilma rudolph babes harris
you're probably too young to remember
her but she was one of the first great
women athletes who
could whip men in about 10 different
sports and then there was
people like wilt chamberlain age 63
congestive heart failure
walter payton 45 years of age died while
he was waiting for a liver transplant he
was a pristine athlete never
did drugs never smoked never did alcohol
i know that basketball played that was a
real shockie lewis 27 years old here we

go
died of a cardiomyopathy heart attack a
simple selenium deficiency
he was about as fit as a human being
could get then there is sergey grinkov
28 years old a two-time gold medal
winner in figure skating
it's not just basketball players or
track stars you can be a figure skater
and die young you can be
a boxer you can be a baseball player i
have a lot of very famous baseball
players babe ruth lou gehrig don
drysdale i have all the obituaries i
actually have one
it was a pitcher for the san diego
padres and he was only 24 years old and
he
was failed by a cardiomyopathy heart
attack and they were just shocked
because he just come up from the minors
you're sweating and not replacing those
minerals you're sweating out you're
doomed to have a lot of injuries and
anything that might
relate to mineral and nutrient
deficiencies and certainly you're going
to sharpen your life if you're not
replacing everything you're sweating out
wow that's incredible because i remember

particularly with reggie didn't he have
what's called that the dream team of
cardiologists
and he died anyways he had the dream
team cardiologist so they paid these 12
cardiologists a million dollars each to
save him and the interesting thing was a
year and a half after reggie died
the captain the chairman of the dream
team cardiologist died at age 47
himself for the same disease
cardiomyopathy heart disease and he was
a boston marathon run runner he finished
the boston marathon three times
this physician and died of the same
disease at age 47.
can't these guys figure this out well
what happens is
they hire these personal trainers and
they hire trainers and they hire
people who are nutritionists and they're
worried about their fat intake and
they're worried about
strength training they believe falsely
that strength training is the answer
for joint health the more muscle you
build up around joint the less likely
you to injure it that's
absolutely nonsense just ask bo jackson

you remember him he was his grade two
sports player professional player in
baseball and football
and he dislocated a hip joint and
fractured the head of the femur
the ball part of the ball and socket
joint and they talked him into putting
an artificial joint in
and of course he ran around like chester
from the old gunsmoke days
i remember him it was that one leg and
he was a huge man his thighs were bigger
around
my chest he was a big man and so they
said well why don't we even yeah we'll
just take the good hip and we'll
put an artificial joint in there and
then you'll be superman well of course
after that happened he hit a few
baseballs and that was about it his
career was done
but if he'd been supplementing properly
these guys could play into their 40s and
50s
i've seen this happen we have a lot of
professional athletes who had to quit
their sport
after 8 10 12 years because of joint
problems we get them on our nutrient
replacement programs

and just in six months time they're
stronger and more fit and have more
agility and flexibility than they were
when they're actually playing
and they just shake their heads and they
say why didn't our high-priced million
dollar a year trainers tell us this and
i said well they don't know it because
they're
reading from doctor written nutrition
books
they're reading from dr written sports
medicine books
these folks just don't seem to have
gotten the message yet no they haven't
because they make their money by doing
joint replacement surgeries they make
their money by doing arthroscopic
surgery
they make their money by removing
meniscus they make their money by
repairing torn ligaments
and so that's what they're in the
business of doing they are not
interested
in preventing these injuries because
they make their money by repairing them
got it wasn't it hollyfield that
actually was able to come back

right yeah evander holyfield was kind of
an interesting guy he
quit and one of his fights i guess was
against tyson he just quit
he just couldn't go on because of lack
of strength his heart
began to give out he had hypertrophic
cardiomyopathy heart disease
and through a mutual friend actually a
guy who lives across the street from
evander holyfield
andrew young you may remember the name
he was an ambassador to um
and we were able to save andrew young's
knees and andy young said well why don't
i
see if i can take the message of vander
holyfield we got of andrew holyfield
taking some selenium
and sure enough we were able to get his
heart going again through the selenium
supplementation
actually more complete program than that
but it included a special interest in
the selenium part of the program
and you see he's able to come back and
defend his title several times
and of course he's been boxing not
necessarily to level he'd want to be
he's lost the last couple of fights but

he's a remarkable athlete
and without that supplementation he
would have been finished a long time ago
looking at your background you have kind
of a unique background to be talking
about human nutrition
but i think it probably gives you an
interesting perspective i know you
started as an ag major and went to
veterinary school first and then you did
a lot of research for the human studies
well i think the advantage that gives me
craig is that in
animals we don't have insurance we don't
have blue cross blue shield major
medical hospitalization medicare and
medicaid
we don't have personal trainers we don't
have personal nutritionists and so what
we had to learn
do was prevent cure diseases in animals
with nutritional formulas very
economical
to do it that way on a herd basis put
everything in their feed pellets and
that's why we have
mouse pellets wrapped pellets hamster
pellets guinea pig pellets rabbit
pellets

duck pellets goose pellets and laying
mash chicks
pellets pulp pellets horse polish sheep
pellets and so on
and dog food can dried cat food canned
and dried
and every one of these rations is a
perfect mix of every known nutrient
necessary for these animals
and if we were to use a human health
care type of system especially the
sports medicine system
and animals would be sticker shock for
you your hamburger would cost you 275
a pound just to pay for the health care
and so i decided to take the same
concept
that we did for animals where we have
special diets for animals with heart
disease kidney disease intestinal
disease liver disease
eye disease and so on these diets are
formulated so
the animal can't pick out what they want
it has everything in there necessary
to focus nutritionally on that
particular organ or organ system
and i just said well if it works an
animal so well which it does
why wouldn't it work in people and so

about i'd say 1978
after trying from 64 to 78 which is 14
15 years i've written my scientific
articles and books and lectured to
doctors
and i couldn't get doctors interested in
the concept they'd pat me on the banks
oh it's very interesting but that's an
animal's not people
so i went back to school and became a
physician and began to use these
preventative and treatment concepts with
nutrition like we did in animals and
certainly the concept works like a charm
in people just like it does in the
animals that's maybe why the gentleman
that told me about you said
talk to doc wallach he may treat you
like a dog but you'll get better
that was a little thing that my patients
came up with because i used to hang my
veterinary degree on the wall next
to the medical degree and patients they
come in their eyes and get real big
but after a while they kind of realize
where i was coming from and they started
with a joke telling their friends
hey if you're not happy with what your
doctor is doing for you go see wallach

now he'll treat you like a dog but you
get better
dr talking about athletes we've talked
about a lot of the professional athletes
how about the younger ones high school
college players are they at risk just
the same way
oh absolutely according to the center
for disease control out of atlanta craig
a lot of these young athletes under the
age of 30 drop dead each year while
they're training exercising or
participating in sports
good lord yes i saw some figures earlier
this month which said that the death
rate from
sudden heart attacks and young athletes
had actually gone up by ten percent in
the last year and so
there's no nutrients of any value in
pepsi cola coca-cola
dr pepper gatorade and so forth and
water just plain water
and so these young athletes wanting to
get scholarships wanting to get
into the pros and as a result they train
hard
they do all the right things they do
what their trainers tell them to do they
just don't supplement properly and as a

result
a lot of these kids who are really
professional level quality athletes
even when they're junior high in high
school these kids will get
injuries that will kill their career and
there's nothing worse than these people
training these kids getting up to the
point where
they are really superstars and then a
knee blows out or they
tear an achilles tendon or they get a
shoulder injury
they get a back or neck injury they get
a finger injury and they're pretty much
done and their whole life is ruined
because their whole life was focused on
these athletics
and these kids also have a high rate of
depression and suicide because her whole
life has been
built around being the superstar the
neighborhood and the school in fact
suicide in high school
athletes is the single biggest cause of
death in high school athletes
wow that's astonishing not to mention
kids like that or young people like that
blowing out a knee

they've just thrown away a lot of money

that's correct

not only the investment they've already

put in but paying forward so to speak

their future investment

and their life because they know when

they excel and so forth and have all

these benefits

of the training and they have just

natural talent it's really a shame

and so i do make an appeal to parents

and coaches and trainers out there who

might be listening to call your toll

free number get the information

and give these young athletes more

complete replacement program

so if they do get injured you know if

you run into a wall you're going to get

injured

you can repair quicker the likelihood of

injury is very very slim

just simply by replacing everything

you're sweating out

got it people listening to this a lot of

folks we're talking about nutrition

especially will say well how long do i

need to take these sort of things

you take all these supplements properly

until you stop using oxygen

got it there's a reason for that and

that's because
our foods do not contain these nutrients
and no matter how well you eat you can
spend a million dollars per meal
and you're still not going to get
everything you need by eating and so you
do have to consciously supplement
whether you sweat or not but if you
sweat you're really obligated to do it
in a very very
intense way calcium deficiency from
everything that we've talked about in
the past
seems to be again used to use the word
epidemic and wasn't that what got your
attention at one point in time with
twitching eye or something if i remember
the story
yeah my personal story was a teenager 14
years old and my eyelids would put so
bad
you could actually hear them making a
noise clicking and asked my mom what it
was and she didn't know she panicked
because she could see my eyelids jerking
it looked like i had some kind of
electrical thing on there
my eyelids were just twitch it looked
awful and she took me to an eye doctor

we had to drive 80 miles to st louis to
go to one of the top eye doctors
and after a long day she finally
determined that my eyelashes were
long and they were hitting my glasses
and curling back and tickling my
eyeballs
and she gave me a maybelline mascara
eyelash brush and she said i have to
retrain my eyelashes
oh i bet that went over well oh yeah
didn't go over very well of course i was
playing football and wrestling and i
could just imagine myself sitting on the
bench there with
25 or 30 200 pound guys playing with my
eyelashes with a maybelline
eyelash brush and so i just missed that
suggestion
went to the school library and started
looking up muscle cramps and muscle
twitches
in a health book written by a couple of
nurses and they said very clearly that
muscle cramps and muscle twitches are
caused by a calcium deficiency
and so i went home and i started using
the calf pellets that we gave the calves
we had plenty of calcium in when all the
other kids were eating candy and

and so forth i was eating calf pellets
and a very early age i was very aware
that mineral supplements were very very
necessary like i said i would take a
fencing tool and knock a corner off one
of the trace mineral salt blocks
i would take calcium supplements because
i was small
and playing football middle linebacker i
just never got injured in four years of
playing
because even though i was extremely
aggressive because i was taking all the
raw materials to rebuild my body
and in wrestling where you sweat more
than anything else i would spend
most of my day not in class i was
running up and down the stadium steps
to football stadiums just to stay fit
for my wrestling program
and i know i sweat out a couple of
quarts of sweat a day
and without replacing those nutrients i
know i would have some injuries at least
and certainly may have died
and you may recall a couple years ago
there were many wrestlers who
died suddenly yes tried to blame it on
some of the supplements they were taking

but basically they were wearing rubber
suits and trying to lose five or ten
pounds to get down into a lower weight
class
and they just sweat out all their
nutrients and died suddenly from that
but doc what if someone to come to you
and say have a son
that's in football or does a lot of
athletics or even a professional athlete
what would you tell them to protect
themselves well basically what they have
to do is take a good basic supplement
program
that gives them all 90 essential
nutrients plus the raw materials to
develop properly and maintain repair
cartilage ligaments tendons connective
tissue
bone matrix lay down the minerals
necessary for a healthy and happy bone
also instead of just using water or
gatorade or one of the soft drinks as a
fluid replacement as they're sweating
before
during and after the events in the
training session they sports drink
it has amino acids vitamins electrolytes
major minerals trace minerals and rare
earths in it

plus three time release energy sources
tastes very good and it's a concentrate
you put an ounce of this
into a quart of water a liter of water
and sip on that you're gonna replace
you're gonna trickle charge everything
back into your system
that you're losing as you sweat and not
only will this athlete reduce their risk
of death and injury
but also their stamina is going to go
way up they will be much stronger in the
third and fourth quarters
they'll be much stronger in the long
distance races in that last lap
they're going to be much stronger in any
event than the
opponents excellent so dr walt we've
kind of looked at the problem out there
minerals seem to be the kingpin of what
you're talking about and
it's funny because everybody talks
vitamins it's a good observation craig
because vitamins if you work real hard
you can actually get vitamins out of
your food
because plants can take carbon out of
the air manufacture vitamin a and
beta-carotene and all the b

vitamins c e and k but plants cannot
manufacture minerals there's not a
single function in your body that can
take place without mineral cofactors
you cannot utilize oxygen you cannot
utilize energy you cannot utilize
vitamins you can't utilize the proteins
you can't utilize
enzymes you cannot utilize hormones
nothing in your body will work without
one or more mineral cofactors
and yet our foods cannot manufacture
minerals like they do
vitamins and so over the years i
realized that the
minerals were the limiting factor and
the lack of minerals were the limiting
factor to long life
healthfulness athletic prowess and
stamina
and i probably have known that since i
was 14 years old and certainly developed
and collected a lot of information to
back up that belief over the years
and basically minerals are the limiting
factor and so you have to consciously
supplement with them properly especially
if you're an athlete and sweating
the vitamins even a blind hog will get
an acorn sometimes

they supplement fortify white bread they
fortify rice they
fortify chocolate bars they fortify just
about everything
what's this document 264 you faxed over
to me well u.s senate document 264 was
actually published by the u.s senate in
1936
and the u.s senate published this back
in 1936
and said at that time that there was no
longer sufficient amounts of minerals in
our farm and rain soils
to give us everything we needed and as a
result the plants the food plants were
grown there were merely deficient
as a result the animals and people who
ate these mineral deficient crops got
mineral deficiency diseases
and according to u.s senate document 264
the only way to prevent cure these mural
deficiency diseases
was to supplement properly and we've
known this in 1936
as back at the time when we began to
supplement vitamins and minerals and
trace minerals into animal feeds and
came up with mouse pellets and rat
pellets and hamster pellets and

guinea pig pellets and horse pellets and
canned dog and cat food and so on
to assure them optimal amounts of all
known nutrients they couldn't pick out
what they wanted
unfortunately for human beings we're
left to tv advertisements and newspaper
advertisements and magazine
advertisements
and ignorant trainers who tell people
well just drink gatorade just drink
water and just drink pepsi cola
because we get good kickbacks from them
so i can tell you this is
incredible in fact i've got some young
children that now in the back of my head
i've got all these
questions going through my head on how
to make sure that they survive this
ordeal
of growing up and being athletes but
unfortunately we are right down to the
wire we're going to have to ask you to
come back
maybe do this again love to do it craig
i want to thank you for being with us
this has been dr wallach national
lecturer on the dead doctors don't lie
series
best-selling author physician

veterinarian and all-around good guy

thanks for being with us and for craig

walcott here at health talk

have a healthy day

[Applause]

[Music]

information and statements regarding

dietary supplements discussed

have not been evaluated by the food and

drug administration and are not intended

to diagnose

treat cure or prevent any disease thank

you for listening to this presentation

and remember to contact the person that

sent this to you for more presentations

and books that go into greater detail

go to doc wallockmedia.com and be well

these statements have not been evaluated

by the fda

these products are not intended to

diagnose

treat cure or prevent any disease

the opinions expressed in this

informational program

are the express opinions of joel d

wallick bsdvmnd

are not a replacement for proper medical

advice and treatment

in all cases we recommend you contact

your physician directly
regarding any medical conditions
everybody's got to die
but this cemetery is full of people who
have died in their 20s 30s
40s and 50s and every one of them that
dies of natural causes has died of a
nutritional deficiency disease
this is a blind spot for the medical
profession they don't get a single 30
seconds of training in nutrition
and as a result 90 of the people in this
graveyard have died long before their
genetic potential of 120 and 140.
i'm your host holly paloma our in-studio
guest is dr joel
d wallock thanks for being here dr
wallace thank you alex great being with
you
you make a pretty bold statement there
when you say dead doctors don't lie why
do you say that
well holly americans are led to believe
by the medical profession
that there's no hope there's no cures
there's no preventions for
degenerative diseases such as heart
disease cancer
arthritis cataracts glaucoma diabetes
and as a result their life savings are

being cannibalized by the medical
profession
for simply band-aid treatments for what
i call physician-caused diseases and
again
all these diseases including alzheimer's
disease and cancer and so forth
are in fact preventable are in fact
treatable and
as a result i believe that the americans
have been misled more than any other
people they have actually the american
medical profession has killed more
americans with a single sentence
what's that than all of the foreign
armies that ever
killed americans in that sentence says
you can get everything you need
from your four food groups and as a
result
the physician in america doesn't take
vitamins and minerals as a group they
don't
take supplements and so they make a
great control group for the rest of us
and 85 percent of americans
do take supplementation in one form or
another maybe vitamin c or vitamin e
or whatnot and

doctors if you look at them as a group
if you separate them out from the
general public if they knew what they
were talking about for health and
longevity
they should be healthier and they should
live longer i mean this is simple
fourth grade logic right sounds right
sounds logical and so
um when you separate them out though you
find something very terrifying
the medical doctors in america their
average lifespan is 58
and the average lifespan for the average
american is 75.5 so you gain 20 years
statistically
simply by not going to medical school
let's talk a little bit about your
professional background
well actually it starts the wallet story
starts back when i was on a bee farm in
missouri
and as a teenager i noticed that we did
something special for those calves we
would grind up the feed the corn and the
beans and the hay and we would add
vitamins and minerals and trace minerals
to that and this is some 50
plus years ago and we would make pellets
and we'd feed those calves and after six

to nine months we'd ship them off to
market
and butcher them and we ate out of those
very same fields as a family we'd saved
back five rows of corn
for the family we had a garden at the
end of the field where we grew our
tomatoes and squash and
carrots and beans and peas and whatnot
and we didn't do that same thing for
ourselves we didn't take
vitamins and minerals for ourself and we
wanted to live to be a hundred with no
aches and pains
now that fascinated me so my dad of
course when when i'd ask him say hey
pops
how come we do all that for the calves
not for ourself and being an old
missouri farmer he'd say things like
shut up boy
do as i said yes exactly don't ask
complicated questions
and so i went on to ag school at the
university of missouri and my major was
in animal husbandry and nutrition
my minor was in field crops and soils
and i began to learn technical things
about how to grow the maximum yield in

terms of tons and bushels
per acre of ground with a simple
fertilizer called npk
and what that meant to nutrition for
animals and people
and i didn't get a real answer to my
basic question though until i went to
veterinary school again the university
of missouri
and what i learned was the reason why we
put all these vitamins and minerals and
trace minerals into animal feeds
is because we don't have insurance for
them we don't have blue cross blue
shield major medical hospitalization
medicare
or medicaid and if we were to use a
human health care type of system for
animals
it'd be sticker shock for everybody
holly the the hamburger would cost
people 275 dollars a pound oh my
yes that'd be a wake-up call yes and
so we learned that we could keep the
cost of animal products such as meat and
eggs and dairy products
within the average means of an american
simply by preventing and curing diseases
with nutrition
now that fascinated me after graduating

vet school though i went to africa for
two years and got to work with marlon
perkins
oh yeah from europe mutual of omaha sure
wild kingdom
hey you got it and uh that was a lot of
fun got to play frank buck for two years
tranquilizer gun and wander all over
africa catching i was an extra large
animal vet
because they taught me how to catch
elephants and rhinos and how to track
and
it's really not difficult to track a
herd of elephants so i would i wouldn't
imagine so they leave rather large
tracks
and so after two years of doing that
marlon sent me a telegram invited me
back to
missouri to work at the saint louis zoo
and washington university in the
botanical gardens
because they'd gotten a seven and a half
million dollar grant to study
pollution and its effect in large
populations of animals and people it was
again some 30 plus years ago before
anybody really knew what all this

meant although they did identify
pollution in our air water and food
and my job was to do autopsies of
animals that died
of natural causes to find out and a
species was ultra sensitive to pollution
which we could use as an early warning
system a monitoring system
much like the old coal miners used to
use a canary oh okay the canary in the
mine thing
and to make a long story short after
some 12 years working on that project
and working in all the big zoos in the
united states
uh i had in fact done 17
500 autopsies of over 454 species of
animals
plus 3 000 human beings for comparison
and again what i learned was very
frightening what i learned was that
every animal and every human being who
dies of natural causes
dies of nutritional deficiency disease
oh really yes
and i got excited about this nutrition
thing again yeah and so what i did i
wrote 75 scientific papers in veterinary
journals and medical
journals and pathology journals

contributed to eight multi-author
textbooks on the subject
wrote one of my own thousand pages cost
140 bucks for medical students
and i got on 2020 with hugh downs and
geraldo before he got his nose broke for
the first time
and then was on every network tv 1700
newspapers lectured all across the
united states
i couldn't get anybody excited about
this finding that everybody dying of
natural causes died of a nutritional
deficiency disease
so i got frustrated enough i went back
to portland oregon went back to school
for four years and became a physician
and i got to use everything i learned
about veterinary nutrition
on my human patients it was no great
surprise to me that it just worked like
a charm
yes you can prevent diseases with
nutrition
and didn't take long when the word got
out hey this doctor wallet treats you
like a dog but you get better
so these people i mean the word got out
and hundreds and hundreds of people used

to call
every day and ask hey can i get some of
this veterinary nutrition advice
right and my wife and i started actually
putting a little pamphlet to try and
answer the comment questions
and that just generated more interest so
we finally had to come out with a book
which is now a bestseller called
let's play doctor let's play doctor
you've never heard that before
i haven't heard that and this book
actually teaches people how to use
vitamins and minerals and trace minerals
to prevent and make significant progress
in treating
400 diseases it's the best investment in
their life there's a little book
let's play doctor and then by popular
demand
another book came out and actually
is a add-on to that book let's play
doctors called rare earth forbidden
cures talks about the 72 minerals
that are found in human tissues and
animal tissues and blood
uh 60 of which the minerals are actually
known to be essential
but you know when you read the the the
labels on

food they sure don't mention 72
different minerals or
heavens no and that's because our soils
are depleted and this is why we have so
many problems
now again remember i said we used a very
simple fertilizer for over 100 years npk
it only takes about 10 years to deplete
the soils of the nutritional minerals
that animals and people need
we actually have 90 essential nutrients
that we need by definition essential
nutrient your body cannot make it
and number two if it's missing if any
nutrient is missing it's an essential
nutrient you get an average of 10
diseases
so 10 diseases times 90 nutrients is 900
diseases are preventable with proper
supplementation
and 60 minerals times 10 is 600 diseases
that are actually caused by mineral
deficiency diseases and again we're
talking about diabetes
and cancer and heart disease and
arthritis and so we're talking some
major major
diseases here that can be prevented with
nutrition how can the wealthiest

industry in the world with so much money
overlook simple nutrition well holly
nutrition is a blind spot for the
medical profession they don't get 30
seconds of nutritional training
you leave that to the nurses and the boy
scouts and moms and dads and things like
that
and as a result any time a disease
comes forth that uh is actually caused
by a nutritional deficiency they don't
recognize it everything today is caused
by genetics when you talk to the medical
person right right
well give us an example of what diseases
can be
prevented by nutrition okay holly one of
my favorite diseases
is arthritis because 75 percent of all
americans over the age of 50
get it in one farm or another and
there's not a single medical treatment
designed to fix it
aspirin doesn't fix arthritis and can
cause gastric bleeding and death
tylenol doesn't fix arthritis and can
result in and does result
in 50 000 cases of kidney failure here
5000 of which
are severe enough they require kidney

transplant ibuprofen advil don't fix
arthritis and cause liver damage in two
to five percent of the users
methotrexate and gold shots don't fix
arthritis and can result in bone marrow
depression
and in birth defects in pregnant women
who are using the methotrexate
and prednisone and cortisone don't fix
arthritis
and they do cause depression of the
immune system as well
as accelerate mineral loss from the
bones and teeth and other organs and
tissues and when these over-the-counter
and prescription medications don't work
anymore
to reduce pain and inflammation the only
thing left medically for an arthritis
suffer
is joint replacement surgery they need
new hips new
knees fusion vertebrae together new
shoulders
and you're actually becoming a bionic
person for hundreds of thousands of
dollars
and really all you need is about 10 to
20 cents a day worth of a few minerals

to actually prevent or reverse this
trend now
let me tell you that as a veterinarian i
never felt comfortable
with my patients you know i'm a
physician and a veterinarian so i never
felt comfortable with my patients being
shunted off to a surgeon to get a joint
replaced
and so i looked into my veterinary
background and said well is there
something we do nutritionally for
animals to prevent and cure arthritis
and sure enough
there is we have nutritional formulas
for pigeons and turkeys and dogs and
cats and pigs and sheep and horses and
cows and lions and tigers and beers
embarrassed
and we actually learned how to prevent
and cure arthritis in animals with
nutrition
so i pulled these together and adapted
them
to human use and what i call dr
wallach's pig arthritis formula
is one of the 400 formulas that you find
in let's play doctor there's actually
400 formulas of how to prevent
and make better if you will i can't use

to cure words specifically directly for
a particular disease but i can say you
could get 100 percent better
but in medical books you can if you have
a vitamin c deficiency
you can give vitamin c and cure the
vitamin c deficiency so you can look in
those terms
but anyway dr wallick's pig arthritis
formula is very simple
use five ounces of calcium enriched
orange juice a half ounce of knox
gelatin
and one ounce of a liquid colloidal
mineral and one ounce of a liquid
colloidal mineral vitamin amino acid mix
and this mixture together is what i call
dr wallick's pig arthritis from
and i've really literally seen 10 000
people over the last
five years who have regrown cartilage
and bone either even though they had
bone bone arthritis their physician said
the only thing left for you was to
get a joint replacement surgery costing
you hundreds of thousands of dollars
that's right holly another example is
heart disease the number one killer
of americans this is another

physician-caused disease
actually by erroneous and maybe even
criminal nutritional advice given by the
medical profession
let me give you a very specific example
you may remember this in april of 1993
reggie lewis
the captain of the boston celtics 27
year old
athlete he didn't have a gram of fat on
his body i mean this guy was perfect
shape
collapsed during a playoff game with the
charlotte harness was diagnosed very
accurately
and very quickly with a disease called
cardiomyopathy
the medical treatment of choice for
cardiomyopathy if you
survive the initial heart attack is a
heart transplant for 750 thousand
dollars
and the boston celtics because reggie
was a 65 million dollar
contract athlete hired the top 12
cardiologists in the whole world
and they named them the dream team of
cardiology you may remember that sure
and they were given a million dollars
each to refer all their patients out to

other doctors
and devote their whole time to saving
reggie they didn't take 50
of their million dollars and give it to
a medical student or pre-med student to
go to the library and ask the medical
computers
what are all the known causes of
cardiomyopathy now if they had done that
the medical computers would have said
there's only one known cause
cardiomyopathy and what's that it was
discovered in 1957 in animals
it was proven in human beings in 1972 by
a double-blind crossover study with 45
000 human subjects
the results of which was published in
every medical journal in the world no
less than six times
the only known cause of cardiomyopathy
heart disease is a selenium deficiency a
trace mineral deficiency
now not one of those members of the
dream team of cardiologists
gave reggie lewis 10 cents worth of
selenium
all he did was argue in bicker who was
going to be rich and famous doing the
heart transplant or installing the

pacemaker
whatever decision they made and as a
result three months after his initial
attack while they were bickering and
arguing
reggie lewis died at age 27 july 28 1993
of his second cardiomyopathy heart
attack now if you wait long enough
justice has a way of coming around
remember my hobby is dead doctors don't
lie collect obituaries of doctors who
die
what i call malignant dumb reasons these
are nutritional deficiency diseases
the chief the head of this dream team of
cardiologists a doctor
w thomas nessa 48 years old
a year and a half after reggie lewis
died of cardiomyopathy guess what dr
nessa died from a cardiomyopathy heart
attack
because he wouldn't take the
supplementation that contained the
selenium
so he died of the same thing and why
would you want to do
anything that a doctor told you who
lives to be 48
10 years short of the average for
doctors 30 years short

for the american public i would think
that they wouldn't know what they were
talking about
exactly and so when you sit back and you
look at this it is very frightening you
do not want to take advice
from doctors on chronic degenerative
diseases because they have absolutely no
training in these areas
another example would be high blood
pressure something as simple as high
blood pressure
they have the malignant dumb belief that
high blood pressure has to do with
salt consumption the first thing that a
farmer rancher or husband german puts
out for his livestock cattle and sheep
is a salt block
nice so they think that the american
public is malignant dumb or dumber than
a cow
because uh what happens is a cow can
have all the salt she wants
there's no veterinarian out there for
eighty dollars a visit saying now bossy
you have to restrict your salt restrict
yourself no
but we we do that as americans and again
the medical profession believes that you

can
prevent high blood pressure by
restricting salt and as a result of this
advice
550 people in chicago died in july
during the heat wave because they had a
salt deficiency they were given a salt
restricted diet
that's why i mean think of all the
millions of people who live in the
deserts of the world and they don't die
and they don't have air conditioning and
they don't have air
it's a simple salt deficiency now they
also believe that you can
actually treat high blood pressure by
restricting salt and
the government spent 30 million dollars
in a study was called the sodium task
force
and they actually looked at salt
restriction as a way of controlling high
blood pressure
they found it had absolutely nothing to
do with controlling or preventing high
blood pressure by restricting salt
in fact high blood pressure is due to a
deficiency of the mineral calcium the
simple
symptom of calcium deficiency is high

blood pressure
osteoporosis certain forms of arthritis
foot and leg cramps insomnia
muscle twitches and a whole litany of
other things including bell's palsy and
spinal stenosis and so forth all these
are calcium deficiency disease remember
10 diseases for each nutrient that's
deficient
right and so you shouldn't be too
surprised then that doctors don't know
these things because they don't get 30
seconds worth of nutrition and we could
go on and on
alzheimer's disease is another one they
give you the erroneous advice give up
cholesterol
75 of your brain weight is pure
cholesterol right you only make
a third of your daily needs right
because your body makes some of those a
little bit
now if you give up all your cholesterol
and 75
of your brainwaves pure cholesterol
after a period of years on a zero
cholesterol diet what's the first thing
that goes holley
probably the old squash yeah it's not

your hips it's not your hips it's the
head ahead
and so this is why i say that all these
diseases are physician-caused diseases
heart disease number one killer cancer
the number two killer
uh diabetes number three killer
alzheimer's disease today the number
four killer of americans over the age of
65.
all of these are physician-caused
diseases they're preventable
by the correct approach to nutrition the
correct approach to supplementation with
the essential
90 nutrients including the 60 essential
minerals
and certainly heart transplants and and
all their medications and vaccines
haven't uh increased longevity in fact
in america
the lifespan has dropped from 78.5
in 1990 to 1995 at 75.5 we've dropped
and we would think that with all of the
information
out there that we should be going up
even higher exactly i'll give you one
more scary thought here
oh the russian the russian lifespan has
dropped

seven years in the last five years it
was 64 five years ago before the breakup
of the soviet union once the soviet
union broke up
it has now dropped their lifespan is now
57 they've lost more than 11 percent
of their lifespan in just a few years
and the director of the studies on this
from the university of london
came out and said there's no historical
precedence for this
uh-huh we know the reason what kinds of
things should people be looking for
um if if they're looking for signs of
mineral deficiency obviously we don't
have time to cover
all of the diseases here today well the
earliest signs are recognizable by
everybody even medical doctors if they
pay attention holly
right um say for instance white gray or
silver hair
is the first symptom of a copper
deficiency of course this is a cosmetic
thing to the average person but it's
more sinister than that
because a serious copper deficiency
results in a breakdown of the elastic
fibers and arteries

which results in a aneurysm which will
rupture you die suddenly from a copper
deficiency
and of course a selenium deficiency
which can lead to cardiomyopathy heart
disease we talked about first
yep yep the first symptoms are these
little age or liver spots that people
get on the back of their hands
and then of course you have things like
low blood sugar which are the first
symptoms of a chromium and vanadium
deficiency which will lead to
diabetes right and then of course you
get
arthritis which is the first symptom of
a calcium
actually even before that you get
perhaps foot cramps or muscle twitches
insomnia high blood pressure these are
all early warning symptoms
of calcium deficiency which leads to
more sinister things like
arthritis and osteoporosis now
should i go out to the to the store
health food store
grocery store or whatever and just buy
any vitamin or mineral out there
it's not quite that simple unfortunately
and you did what most people do you talk

about vitamins there's actually 90
essential nutrients which include
60 minerals 16 vitamins 12 essential
amino acids and 3 essential fatty acids
and fortunately for human beings over
the thousands of years we've been around
plants our food plants grains fruits and
vegetables can manufacture
vitamins and amino acids and fatty acids
because these are carbon chains
the things we have problems with are
minerals actually vitamins won't even
work without minerals
yeah and nothing works without minerals
your body chemistry won't work without
minerals we need them as cofactors
plants cannot manufacture these these
are only available if there's minerals
in the soil which the plant grows in
there's actually a senate document u.s
senate document 264
which was published in 1936 60 years ago
60 years ago which says there's no
longer any nutritional minerals left in
our farm and range soils
so this is why we have all these
degenerative diseases in america not
because we have a prednisone deficiency
or a penicillin deficiency and there's

basically three types of minerals you
have to be concerned with one is the
earliest form of supplementation it goes
back
10 000 years these are elemental
minerals like clays and
limestone and oxides and oyster shell
and eggshell
these are only three to five percent
available to the average adult
then we had an improvement of these to
chelated minerals which we add the amino
acids and proteins
to the metallic atom it increases the
absorbability to 40 percent for adults
but the way that animals and people were
designed to absorb minerals holly
is in a colloidal form now we get
colloidal minerals from plants plants
have the ability
to take metallic minerals from the soil
convert them in their own tissues using
the sun's energy and
photosynthesis converting these
elemental minerals to colloidal minerals
and then of course they use them for
their own chemical reactions
and we eat the plants and get some
however us senate document 264 says
no longer any minerals left in our soil

right we don't have them all in there we
don't have them
in there and of course as a result we
get all these mineral deficiency
diseases
now again being sort of an average dumb
farm boy i kind of
look at the reality of things and
there's no less than six cultures on
earth
who actually lived to be 120 to 140 with
no
degenerative diseases they were written
up in the national geographic january of
1973 january 1973 a special issue on
longevity
and these people even though they're
different races different religions and
different cultures
all have a common denominator they all
irrigate with glacial milk
which is comprised of 60 to 72 minerals
from the ground up rocks that the
glaciers are on
they irrigate with these and as a result
these 60 to 72 minerals go back in the
soil
their plants get these minerals and are
rich with these colloidal minerals

as a result they don't have diabetes
they don't have cancer they don't have
heart disease
they don't have arthritis they don't
have glaucoma cataracts
and they don't have a single doctor
clinic
or hospital you know there are a lot of
a lot of fads out there um you know
everything from
oak brand to to to fish oils how do we
how do you distinguish those how do you
get past that to get the
the minerals that you need well the
first thing you have to realize very
quickly is that whenever the medical
profession comes out with something new
that is the cause of all things when
they first discovered bacteria hundreds
of years ago
bacteria caused everything from insanity
to infertility
and then it was the viruses and they had
all these culture techniques for viruses
and everything was caused by viruses
from insanity to infertility and cancer
right and now it's genetics they have
this technique for genetics everything
is genetics
right and so the first thing a person

has to do is get information so they can
be aware of what's going on
just like these self-help books how to
change your oil how to put roofing on
and so forth
don't give your total responsibility for
your health to a doctor a nurse or a
candlestick maker anybody else
do it yourself first and you'll be much
safer you'll save yourself an enormous
amount of unnecessary misery
a gob of money and you'll add many
healthful years to your life and the
best place to start
is with let's play doctor that
best-selling book that book of years
which teaches you how to use vitamins
and minerals and herbs and alternative
therapies for over 400 diseases
so the four food groups don't work don't
worry the soil's depleted
we've been getting wrong information
from doctors who live 20 years less than
we do how do we get on the right track
well the next thing a person has to do
once they get information number one you
got to get information
observe the early warning symptoms such
as the gray hair and the liver spots

low blood sugar high blood pressure foot
cramps muscle twitches
and then you have to take action and
here's where you want to make sure that
you take in all 90 essential nutrients
including the 60 minerals
16 vitamins 12 essential amino acids and
three essential fatty acids
dr wallick's pig arthritis formula
contains 87 of the 90 known essential
nutrients
and of course the only way to get this
is by coming to our free
seminars and also you can get a hold of
the u.s senate document 264.
you get a hold of the books let's play
doctor and you get a hold of the books
rare earth forbidden cures again by
calling this 800 number of participating
in these free
seminars call the 800 number it's our
800 number well dr wallach i really
appreciate you being with us today it's
been very informative
just remember everybody dead doctors
don't lie
[Music]
thank you for viewing this presentation
and remember to contact the person that
sent this to you

for more presentations and books that go
into greater detail
go to dockwallockmedia.com and be well
these statements have not been evaluated
by the fda
these products are not intended to
diagnose
treat cure or prevent any disease
the opinions expressed in this
informational program
are the express opinions of joel d
wallick bsdvmnd
are not a replacement for proper medical
advice and treatment
in all cases we recommend you contact
your physician directly
regarding any medical conditions
one of the truly incredible people who
can
tell us so much about uh health human
health
animal health longevity nutrition
all the good things we want to hear and
know about and
live longer and healthier dr wallach if
you know
his uh credentials are lengthy going
back uh
as a author lecturer medical researcher

uh writer uh he just you know
he's wears so many hats and does so many
things so so
we have such a good fortune to have them
come here and house enlighten us more
about being healthy today so without
further ado i'd like to bring out dr
joel wall
okay i want to thank you very much for
coming out
um really appreciate it and uh thank uh
pete and his uh well my wife for helping
us put all this together
um just again i think he did a pretty
good job introduction
the thing that makes me different is
that i do have dream air culture
i'm a veterinarian i wrote the first
paper uh regarding a mass die-off in
america from pollution back in 1991 was
published in
i worked with marlon perkins my old
mutual omaha while kingdom shows some
old enough to remember him i know
there's some young ones in here
and know the crocodile hunter and um
perkins had me go to africa when i
graduated veterinary school
and worked on the white rhino and the
evergreen elephant conservation project

so if you see a white rhino in a zoo or
a wild animal park it's either one that
i caught their
offspring's caught 200 of them sent them
over here
and he called me back oh there we go now
we got some volume
but now it's a little too much let's cut
it back a little bit
hello hello that's good okay perfect
okay
we're happy thank you thank you you're
right thank you
and um after two years i was prepared to
stay in africa for the rest of my life
because i'm having such a good time
can't get you all the way back to the
room dear all the way in the back
and my dad used to say if you're on time
you're a half hour late
okay um and um
since i wrote that that article on the
masked out from pollution and had given
him a copy
he came up with a grant from the
national institutes that held 25 million
dollars called the center for the
biology of natural systems
and that was a lot of money back that

made equivalent to billions of dollars
today
and he called me back from africa to be
the pathologist on the project
and um to make a long story short over a
10-year period i did some
uh 20 000 autopsies and 10 million
chemistries
and the book that came out it's in the
smithsonian institute is national
treasures 1200 pages it deals all the
chemistries and
autopsies and so forth they had all the
clinical records it was quite quite a
thing
looking for pollution as a contributing
factor to chronic disease and death
of natural causes what i found out was
that every animal and every human being
and i had done twenty thousand some
seventeen thousands of change were
of over 424 uh species of zoo animals
and three thousand humans
and every animal every human being that
died of what they called natural causes
not infections and not trauma
um actually died of nutritional
deficiency diseases that was quite a
shocker to everybody
i'll document about biochemistry and

that began to save species because you
may remember back in the 60s the panda
was just down to about a half a dozen
pandas
in the world in captivity they're going
to be extinct and i was able to save
them because they were feeding them
things like a bamboo grown in potting
soil you know from walgreens
and i didn't get enough nutrition so i
just gave him dried dog food
and now we have to give him birth
control because there's so many pandas
and that kind of simple stuff okay
and um yeah i think next time pete
yeah next time we set this up be very
useful if we have an
aisle down this right side so when
people come in late they can go down
that aisle instead of
crisscrossing and shaking hands all
their buddies and all this kind of stuff
okay now before i get going here uh
oh i should tell you one more thing uh
as part of that project they sent me
from zoo to zoo university university
over a period of 12
years and
and my last project was at the emory

university in atlanta georgia and the
european prime minister dealing with
nasa monkeys and stuff like that
i just walked in and within the first
couple of months i discovered the first
non-human case of cystic fibrosis
thought to be a genetically transmitted
disease
and in the project i had done with
marlon perkins where i did the 20 000
autopsy i was finding
human genetic diseases in animals like
type 2 diabetes and now crocodiles and
sickle cell anemia and hummingbirds and
antelope and so i knew that the
genetic thing wasn't correct but i
wasn't quite ready to pull the trigger
to that publicly yet it appeared in the
scientific books and things but it
wasn't
ready for prime time but um when i found
this one because so many kids were
involved i
got it all together put together and
realized that cincinnati rose is not
genetically transmitted
as is generally thought in the medical
community
and did all the chemistry found out the
cause there were

24 age peers in that colony that were
not related genetically to this one
monkey that died of cystic fibrosis got
permission to do biopsies on them they
all had cystic fibrosis
so i knew it was an environmental thing
and so attracted down sure enough the
deficiency of a single mineral gave
the survivors all that mineral went away
jack markers went away
got it written up and i asked the boss
you know the head guy the
chairman of the europeans primary center
to be able to publish it and he hired me
because everybody knows it's genetic i
said well can we get a committee
together like you do for phd students
and let them challenge me and see
if i can answer their questions
correctly or not or fulfill
you know their challenge no we'd be
embarrassed to tears they'd laugh at us
out of the universe if we said that
there was even a possibility that
cystorosis wasn't genetic
that's when i went back to school 1978
became a physician
i've been practicing as a primary care
physician for 36 years

and using everything i'd learned in
those projects with the national
institutes of health national science
foundation
many zoos many big universities to treat
my patients and so i
treat them quite differently than the
average position
with that are there any uh people who
are professionals and healthcare
here tonight any professionals in
healthcare i know we have a dentist here
dr feld right and who else do we have
any any
uh yes what do you do sir
medicine medical doctor okay i
appreciate you being here what are you
witnessing
what is your uh theory
what is your uh specialty emergency
emergency okay
very good emergency room dennis okay so
we got a couple of dentists here
anybody else in the health care
professions okay appreciate you being
here tonight
and appreciate everybody being here
tonight i'm going to start out by just
saying
over the thousands of years that there's

been physicians and philosophers and
soothsayers and all that kind of stuff
there's been thousands of failed medical
theories every century
in the 20th century 21st century is no
different
you have thousands of failed medical
theories and so we're going to go over
some of the
major ones and it'll be kind of a
shocker to everybody including i'm sure
our medical professionals
take nothing personal uh this just has
to do with with the reality of things
and some of the failed theories have to
do with arthritis it's not genetic in
any way shape or form it's not
even rheumatoid arthritis is not an
autoimmune disease
uh they're all mineral deficiencies
except for rheumatoid arthritis which is
a bone demonstration which is a mineral
deficiency disease with a
secondary infection with a bug called
mycoplasma and kill it in two weeks
with minocycline which is a member of
the tetracycline family
and then we have diabetes we've known
for 70 years it's not genetic it's a

simple disease
a single mineral deficiency i've known
it for 70 years when i did those
autopsies on those animals and
finding human um diabetes
diabetes and crocodiles i mean did he
eat a baptist preacher who had diabetes
somehow got the gene implanted in him so
i knew
this had to be an absurd thing when it
came to
genetics what about high blood pressure
has nothing to do with salt has nothing
to do with genetics even in the black
community
heart disease has nothing to do with
cholesterol
congestive heart failure is a simple
deficiency of a single vitamin we've
known that
for 300 years was discovered by a
japanese naval surgeon
the cardiomyopathy heart disease heart
attack is a sudden heart death in
athletes and people who aren't physical
work
this is caused by deficiency of a single
mineral i've done 1
700 autopsies on kids under the age of
10 in keyshawn providence china

they've died from chronology heart
disease 1 700 autopsies published in
english
here in the united states in the um
several medical journals and also in
china in two languages and several
medical journals
um coronary heart disease has nothing to
do with cholesterol coronary artery
disease and i said this in 1971 one of
my publication international papers
is caused by inflammation of the lining
of the arteries and or lining the
arteries and
react with scar tissue it has nothing
with cholesterol that was a very very
badly failed medical theory um
billions of people been killed all over
the world with that theory we'll get
into that in a second
um the nazis only killed 40 million
the theory that coronary heart disease
is caused by cholesterol has killed over
a billion people when you count all
countries in industrialized nation
and then current thrombosis we get a
blood clot in a coronary artery and
master disease in the brain where you
get cerebral thrombosis

uh thrombotic stroke this has nothing to
do with cholesterol
it's actually caused by omega-3
essential fatty acid deficiency
are a ratio problem between omega three
sixes and i miss one of my eight
lawsuits against the
fda and federal court and prevailed in
all eight lawsuits another one
was i had to sue the fda to get them to
insist
and demand that folic acid was in human
prenatal vitamins prevent
neural troop defects like spina bifida
we had done that in animals since 1947
but medical doctors didn't want to do it
in people so i had to sue them in
federal court to make them do it
okay and on and on i can do thousands
but these are some of the ones we're
going to talk about
let's look at some of these failed
theories how have you ever heard of
obesity anybody here hear of obesity
raise your hand
don't raise your hand you're lying
[Music]
obesity has nothing to do with lack of
exercise and eating too much obesity is
really

due to a nutritional deficiency and the
symptom of the nutritional efficiency
are
deep cravings and the munchies and
desires eat things
binge eating those are the symptoms of
these nutritional deficiencies
and i deal with people who are 300 400
600 800 pounds those are the ones that i
deal with it's very easy to get them to
lose two pounds a day four pounds a day
they don't need surgery to deal with
wrinkles and things like that after they
lose the weight and i'll show you some
examples of that in a moment
the book that goes into the great detail
the earliest one was in 1994
called rare earthen cures uh touched on
it and hell's kitchen
specifically talks about the cause
prevention care obesity type diabetes
and the metabolic syndrome
obesity doesn't cause diabetes and
diabetes doesn't cause obesity
they kind of run together because
they're all nutritional deficiencies
none of them have anything to do
with genetics
i don't have anything to eat too many

carbohydrates eating too many
carbohydrates is a symptom deficiency
if you choose all this big deal about
high fructose corn syrup and the soft
drinks oh my god
are you gonna paralyze the earth i said
no no no the reason why people drink
that stuff because they have cravings to
drink that stuff for their nutritional
division
that's why pregnant women gain all that
weight the embryos steal these nutrients
from pregnant women they have cravings
then how do you heard that exercise good
before i raise your hand don't raise
your hand rely lying comic because i
know you all heard that
[Music]
let's look at professional athletes we
get paid three four five million dollars
per event per game
and we take all professional
sports combined the average lifespan of
professional athletes is 62. that came
out in 2004
published and uh professional football
players the average lifespan is 51.
there's never been a professional
athlete ever lived be a hundred
what did they tell you about exercise

exercise is all they're good for here
they're being paid
their personal trainers they're supposed
to eat well they exercise they train
they do everything they're supposed to
do and not one of them lives be a
hundred
people living under the bridge let it be
a hundred
dumpster diving behind mcdonald's all
those poor people are so
their lives suck at me they gotta eat
dog food
that's why they live being hungry the
dog food is perfect
well the universal problem is that all
athletes regardless of sports
sweat don't they and what are they doing
they sweat they drink
water wow some drink gatorade but most
of them will drink water
okay but gatorade could be or powerade
that sort of stuff
well and whatever it is they're drinking
water primarily but a few of them will
drink gatorade a fuel moment
drink powerade and sweat is not water
sweat is a suit that contains all the
nutrients floating around in your blood

let's say you're not supplementing
you're getting 65 70 nutrients you're
floating around your blood what if
you're supplementing you're getting all
90 cents of nutrients which get into a
minute
and um you're sweating these 90
essential nutrients out here sweat and
you're drinking water
what's happening to the nutritional
reserves your body going down
now why is it it's always the best that
top players that have knee problems and
hip problems unintended problems
ligament problems
bam then they're dead why is that the
one sitting on the bench never have a
problem
they never sweat
yeah this is my especially of course
cardiomyopathy heart disease again i've
done 1700 autopsies published on that
big big study there's a 43 year old gold
medalist olympic gold medalist guys with
chronology heart disease at age 43
there's another gold medalist in
swimming down to 26 chronic healthy
heart disease
this guy's supposed to be the athletes
athlete a russian gymnast

died at 54 cardiomyopathy heart disease
i love this one because billionaires
physical and health lies suck because
they can afford the best doctors
and afford the best food and that's what
kills me
that's the best been the best doctors
because what does a top doctor tell you
no doctor
frank shouldn't i be taking a supplement
boost or insurer or
taking multiple or something i'll just
eat while you're getting everything you
need
bam you're dead
now how many of you ever heard that salt
has something to do with higher pressure
particularly in the black community
and along with the genetics i've heard
the salt is bad in general for the
cardiovascular system raise your hand if
you don't raise your hand or a liar i
don't know if you believe that you've
heard it
okay well my audio cassette tape which
came out in 1992.
but by the way how do you ever heard the
audio cast and tapered the cd
i'm okay okay ah even even

all right and one of the things that
made that audio cassette tape so
controversial there's eight things in
there
um that i had actually rung up when i
was dealing with all these autopsies
back in the 60s and 70s
which were failed theories including the
salting is bad salt is very very good
right it has two essential nutrients in
sodium and chloride you can't make
stomach acids without chloride you can't
make hydrochloric acid
you can't make um sodium bicarb which is
something your pancreas
does to neutral neutralize the stomach
acid coming out of your stomach in your
small intestine because the enzymes are
small intestine pancreas where
an alkaline environment whereas your
stomach requires an acid environment
plus you have all these necessary
cofactors including sodium
and chloride they're required for all
these chemical reactions in your and
your
cells to work so any doctor who tells
you
to restrict salt should be put in jail
i'm serious because they kill people

they say restricts at all

it's like saying no more oxygen for you

okay bam you're dead the whole story

about

salt you can find in time magazine

march 1982 salt and new villain

september 2014 salt doesn't cause high

pressure even in glass

now there's a lot of well here's a study

that's done by loyola university

chicago medical school

they published the first reports in the

scientific american february 1999.

six years later january 2005 they came

out with this

bottom line study which they published

in the british medical journal said

high blood pressure and black's not

genetic

january 2005 i said it in 1971 when my

book was published

1200 pages

then of course there are herbs that will

do a better job of lowering blood

pressure

compared to pharmaceuticals with no

negative side effects this came out in

the generally american medical

association august 2003

said dark chocolate has flavonols in it
a natural substance in dark chocolate
which lowers blood pressure without
complications that cause
death and injury and all the other
complications of hybrid pressure
medication and 1-800 bad drug kind of
thing
and so we immediately came up with a
liquid dark chocolate which i like the
liquid it's called cocoa jelly i put in
my
java fit coffee which is our brand
coffee we're kind of like the third
largest coffee company in the world
oops that's the russian version
okay you put like an ounce of this in
your cup of java fit coffee you get a
mocha cafe i mean
lowers your blood pressure antioxidants
and coffee does great things for you
and if you're like me you travel a lot
uh we have
pieces the size of a peanut butter which
has the same flavonols in it
triple treat chop and they have
probiotics and more calcium
and that kind of stuff really great
great chocolate
you won't like it it tastes like

chocolate

now have you ever heard of

cardiovascular disease raise your hand

okay good

have you ever heard of cholesterol being

associated with cardiovascular disease

raise your hand

okay well the approach that the medical

system has for cardiovascular disease if

they have obstructed arteries or heart

they put stents in they do bypasses your

heart transplant all that kind of stuff

and they forget when you have a two

millimeter

wide obstruction in a descending

coronary artery

you also have the same obstructions in

your arteries in your brain because

you get faster dementia you get strokes

you get

crowded artery obstruction you get

obstruction in the artery your eye and

get glaucoma you get

construction of arteries your kidneys

you have kidney failure and dialysis and

all that kind of stuff

they forget about all the rest of that

they just want to put that stem to

and then then they want to do bypasses

and then they want to do the heart
transplant
and pacemakers and defibrillators and do
uh
ablation and retro versions and all
these things and
none of it's really a heart problem
none of it's cholesterol there's not a
single cardiovascular disease that's
caused by cholesterol
congestive heart failure again is caused
by deficiency of a single vitamin we've
known that for 300 years
cardiomyopathy heart disease is a
deficiency of a single mineral coronary
heart disease
where you're getting plugged arteries
has nothing to do with cholesterol and
saturated fat
has everything to do with inflammation
eating fried foods processed meats with
nitrates and nitrites
oils that turn into trans fatty acids
heterozygous means acrylamides
chemicals far worse than anything the
dow chemical
and monsanto or as char says mean santo
will put together right
whole demonization of cholesterol
and saturated fat was put together by

make a long story short put together by
procter and gamble in the american heart
association of 1936
procter gamble gave the american heart
association 1.7 million dollars which is
enormous amount of money back at that
time
to endorse their new product which they
wanted to replace
lard and cream and butter as cooking
sharpenings
this synthetic product was actually
originally made in 1901
uh by the german navy as a lubricant if
somebody's clicking a pin or something
over here click it
click it or click please stop it um
is a synthetic lubricant for diesel
engines for submarines
now from gamble started out they wanted
to sell to the soap and they couldn't
sell it as a soap in
the 1930s because everybody's still
making their own soap they decided they
were going to sell it as a food
remember this is a diesel engine
lubricant
made the american heart association 1.7
million dollars to endorse this product

as safer to eat than butter cream and
lard it was all a sales campaign and
they came up with a mediterranean dot as
a sales campaign
core to sell this product there was no
facts
to back this up about the mediterranean
diet in fact they originally called the
seven countries died because they looked
at italy and
malta and greece and and france and
spain and portugal
and they really couldn't get what they
were looking for so they rendered it
down to the seven of 75 guys on malta
island
who are in their 80s still working on
the fields he said see here's the proof
that the mediterranean dot works
mediterranean that means you need all
these polyunsaturated oils
not saturated fats and cholesterol the
whole product
was the cell was crisco
now a year ago there's a two full page
article in wall street journal
telling the story now i spent 35 years
looking for the pivotal paper
that showed that cholesterol and
saturated fat

were the demons that they said they were
not a pathologist i never could find it
the reason i could never find it those
papers never existed it was always a
sales campaign
to sell crisco
and of course by the 60s and 70s
and pretty much demonized cholesterol
and saturated fat in fact the first good
housekeeping seal of approval
procter gamble gave the good
housekeeping magazine
an enormous amount of money to do a full
page color ad what they wanted was
norman rockwell the american
painter who does americana paintings
to do a painting of thanksgiving with a
deep fried turkey deep fried crisco
instead of a roasted turkey
and he wouldn't do it because his
grandmother's mom still liked lard and
cream and butter to cook with
and so on the roasted turkey they got a
norman rockwell-esque
painter this came out in 1962 which is
the first
good housekeeping seal of approval paid
for by procter gamble
and it shows these kids eating deep

fried turkey parts

okay deep frying crisco the new crisco

made to help

take the fat worry out of good eating

highly unsaturated

only the new crisco has doubled the

preferred unsaturated

[Laughter]

[Music]

1991 new england journal medicine very

well respected

published by the harvard medical school

um dr kern wrote an article

it was a kind of a case report and a

letter theater kind of combined

there's a story of a single patient and

dr kern who is the professor of medicine

at the university of colorado school of

medicine

and he was showing a group of graduated

medical

doctors who are formally students

they're getting ready to do the

residencies and internships and he was

showing them how to examine

seniors properly as opposed to

pediatrics they came across this chart

in a pile of 80 year old guy

oh this is the one i want to show you

guys he goes in the room and the guy

looks like he's 50 and he's looking
around he says is this you yeah yeah
this is your birthday yeah that's me is
it my goodness gracious
um tell me what your tribute your young
looks and the fact that you're all your
laboratory blood work says you're 50
years old
what are you trimming it to the guy
through his shoulders back uh
threw his chest down and said well i eat
25 eggs a day been doing that for the
last 17 years i've been doing it for the
next 100 years
and so this guy says well why on earth
are you eating
25 eggs a day right throws his shoulders
back throws his chest and says because
it makes me more studly
now i want you to appreciate
that testosterone estrogen progesterone
and adrenal hormones are steroid
hormones they're 95
by weight cholesterol
you want a cholesterol restricted diet
put a cholesterol lowering drug you know
statin drugs
there ain't nobody home anymore it was a
field day for pharmaceutical companies

that came up with viagra

see alice

there goes that pen again i heard a

click over here

somebody did it they're guilty whoever

you are

[Music]

okay and adrenal adrenal exhaustion and

vegetarians

all caused by cholesterol deficiency now

the most terrible disease

physician caused disease did not exist

40 years ago 45 years ago

today's number four killer of animals

for the age of 65

is alzheimer's disease alzheimer's

disease is a cholesterol deficiency

75 percent of your brain weight is the

white matter of the brain

called myelin insulation material in the

brain when it goes away

the naked nerve fibers all tangled up

and that's the microscopic

um diagnostic feature of alzheimer's so

you get these nerve tangles

because sharp circulating in the brain

you can't remember anything some people

get a little

violent and angry and that kind of stuff

along with the dementia

it's a physician cause disease

you think you're doing a good thing by

eating egg white omelets and egg beaters

giving up red meat

bam you're dead you'll die in your

doctor's nursing home

he owns them all

i have to tell you before we go on is

that the

fda in february of 2012 sent an email to

all

licensed medical doctors in america

saying look urgent stop

do not write prescriptions for statin

drugs anymore

stop it they listed them lipidor zocor

metacore and many of the others they

said um do not

recommend gluten excuse me do not

recommend

uh cholesterol restricted diets for your

patients particularly don't do both of

those in the same patient

otherwise you to increase the risk of

type 2 and abuse by 52 percent

and alzheimer's disease by 100

performance later in june of 2012

in science news there's a wonderful art

elite article and said

good cholesterol not beneficial let's
see that's what your doctor says
then went on to say high levels
of hdl high density lipoprotein the good
cholesterol
will not reduce your risk of any type of
heart disease
because i already told you there's not a
single type of heart disease or
cardiovascular disease has to do with
cholesterol saturated fat
congestive heart failure is the
deficiency of a single vitamin
cardiomyopathy heart disease deficient
of a single mineral coronary artery
disease due to inflammation any fried
foods processed meats and oils and
gluten
and coronary thrombosis and thrombotic
stroke is due to not cholesterol and
saturated fat but
omega-3 essential fatty acid deficiency
in a racial problem between omega-3 six
is not
which one of those is caused by
cholesterol zero nada
zippo yeah your doctor continues to
write prescriptions for statin drugs if
he does
i'm gonna go home tonight sit down and

say i apologize sir but i have to fire
you
because you really don't care much about
me because you're still prescribing
statin drugs when i learned about what
the fda said about them
you shouldn't be prescribing to me and
so i'm going to let you know
that i don't like it and i'm going to
make my voice clear
by my checkbook and say you're fired i'm
gonna find another doctor
because you didn't think enough of me to
forward that email to me that the fda
sent you
oh here it is
2009 uh the american academy of
pediatrics
wanted to get in on this large yes you
want to get in on this money
dealing with cholesterol lowering drugs
listen we're going to start giving
statin drugs to kids under the age of
eight by the time they're 35 they won't
have heart disease because we all have
stopped it
well if you do that none of your
children will live the 25.
do not buy into that do not start giving

statin drugs a low cholesterol got to
your kids and you'll see
more why in a moment again here's this
science news article i didn't remember
it was the beginning here or the end
maybe
both places good cholesterol has a
beneficial this is june 2012.
higher cell levels don't reduce heart
attack because cholesterol has nothing
to do with
heart attacks many kind the culture on
earth that has the fewest cardiovascular
events for the inuit eskimos above the
arctic circle has been more than a dozen
scientific articles published in
cardiology journals in the united states
and the rest of the world
the inuit eskimos above the arctic
circle their cholesterols run 350 to
500.
98 percent of their traditional diet is
walrus meat and
rose blubber whale meat and oil blubber
steel meat and steel blubber bear meat
and bear fat they do not need vegetables
or fruit they don't eat grains or nuts
again the cholesterol is around 350 to
500
they do not get cardiovascular disease

until they come down to desert hot
springs they ain't like you
they go back up above the arctic circle
and eat like eskimos do and
it all goes away because the opposite
what your doctors say
here's the whole story of cholesterol
some tree covers the time magazine
hansel keyes who's on the board of the
american heart association on the board
of contra gamble
i mean he even looks like a nazi
professor of medicine at the medical
school
at the university of minnesota
minneapolis
and he brokered the deal between procter
and gamble the american heart
association
practicing gamble to give them one point
seven million dollars to endorse frisco
as a healthier way to
eat and cook instead of butter and train
he said oh he was a wonderful guy made
the covered time magazine hero
he saved the american heart by getting
us aware of cholesterol
well by the 1980s it was cholesterol
demonized

everybody knew is bad here comes june 23
2014 cover article eat butter
scientists label saturated fat the enemy
but why they're wrong tells a whole
story of ansel
how he broke her deal and how proctor
and gamble american heart association
screwed you
for 1.7 million remember the nazis
murdered 40 million people during the
second world war
guess what statin drugs have killed
over a billion people
and here's just a greater look at that
one cover time 18 had the guts to do it
to put it on there as
old as they could make it
the next major field theory of the 20th
and 21st century is genetics
there's not a single disease that's
transmitted by genetics
and then a single birth defects is
caused by genetics all birth defects are
caused by nutritional deficiencies in
the embryo
all of them everyone you can name in 10
times that many
camps we've eliminated all birth defects
in name and ten times veterinary candida
animal industry by

supplementing them with all known
essential nutrients 90 essential
nutrients 60 mineral 16 vitamins
12 amino acids 3 essential fatty acids
and
every genetic disease or autoimmune
disease you can think of everything from
nucleus and huntington's disease
and cardiovascular alzheimer's disease
kidney failure
lupus all that kind of stuff rheumatoid
arthritis
none of these things have anything to do
with anything doctors have said these
are
amongst the thousands of failed medical
theories of the 20th and 21st century
the doctors have built their livings on
it and so why would they change
by 2003 they had the human genome
mapped out there were seven oh 850 850
biotech companies that spent trillions
of dollars
looking for screening tests to look at
these little kids under two years of age
always got a bad gene he's going to get
alzheimer's disease by the time he's 62
he's getting heart disease by the time
he's 45 he's going to wind

up with lupus when he's uh 37 and they
make a gene in the laboratory and
displays the energy with a good gene and
made in the laboratory and that's the
theory right
well by march of uh 2013
six years after watson and crick had
proposed a double helix as a structured
dna six years later
there had not been a single disease
thought to be genetically transmitted
prevented or cured
with genetic engineering and the people
were in the genetic engineering good
start to get nervous because of all this
failed theory
background here and uh oh usually we may
have a problem here
they contacted james watson one of the
two james watson francis crick
of france and uh watson and crick the
guys who got the nobel prize for the
double helix structure
of dna and watson had become the
director
of the cold springs genetic laboratory
in new york
for the federal government and this guy
had a stinger in the pulse of genetics
right so they asked him to come

to the university of california san
diego the sauk institute
march 22nd 2013 and give a report
we need to know we're at how close are
we to finding
a prevention or a cure for genetic
disease which one which ones
it's gonna happen next week two years
from now where are we at we don't know
we're
groping around we're spending trillions
of dollars and nothing's happening we
want to know where we're at before we
move forward
but again to speak in front of an
illustrious crowd 300
people 150 of them were nobel prize
winners
150 were headed departments of genetics
and
biochemistry and medical school in
america and here's what he said from the
stage in front of this illustrious
audience
i'm gonna quote him now he said i
apologize by the way i just realized
i'm in traveling closer i'd normally be
a little more dressed up but uh
we had a tight schedule today and maybe

we'd be two hours later we went to the
hotel and plenty of comments and all
that kind of stuff
came back i apologize for being
traveling close anyway
he got in front of this illustrious
crowd and he said
you can none of what we thought was
genuinely transmitted
is it's all chemistry biochemistry
aka nutritional deficiencies that room
went into an uproar
and then james watson was terminated by
the federal government
for racial profiling
do you understand what happened there
they fired him from the same reason they
fired me from turkey's primary center
but yeah for telling the truth they
didn't want their empires to go away
they'd rather kill a bunch of kids
rather than lose their jobs or have to
change their thinking
well have you ever heard the term
epigenetics
okay that's kind of funny everybody in
this side of the room has heard of it
[Music]
my 14 books i've written for the general
public all of which are best sellers

including this one it's only been out
for a year and it's already a bestseller
epigenetics the depth of the genetic
theory's d transmission this is me in
1977
with one of my cystic fibrosis monkeys
the your keys primary center
in atlanta georgia and this is what's
replacing genetics epigenetics
epigenetics is a word that deals with
potential
why don't you think of epigenetics as
you would a
lamborghini car let's say you've been
gifted a lamborghini car and you're
while you're anxiously reading them
you know the maintenance manual
it says this car will go 300 000 miles
above the need for even a tune-up in the
engine
but to accomplish that you're going to
have to change it all every thousand
miles has been a very special level
25 bucks a quart 150 bucks every
thousand miles
and then this engine will go 300 000
miles
let's say you're scotch you don't want
to spend that money buying my gosh mine

this is expensive
and so you get six quarts of texas dirt
or six quarts of dirt from alberta
canada
and you put in that car she said six
quarts so i'll say there's oil insects
there's oil in alberta
there's bound to be some oil in that
that target to go 300 000 no it might
not even go around the block because
there's sand and that dirt and so
it's going to seize up the engine and so
forth if that car has the potential of
300 000 miles
it might not go in the distance
certainly one tank gasoline would take
you just put dirt from texas or alberta
canada
the depth of the genetic third disease
transmission
let me show you a couple of slides from
a special issue of national geographic
january 2012 on epigenetics
they looked at identical twins kind of
like what hitler was doing but they
didn't kill these kids like hitler did
but they looked
for the same reason and um
these are identical twins the identical
dna they're born two minutes apart

but to me this one look as a primary
care physician this gal here looks like
she's maybe four or five years older
than this when they look like sisters
but not identical twins this one's an
inch taller look at their ears
inch taller her eyes are closer together
than even with the ground
uh this one's eyes are almost oriental
they're kind of upset here
their noses are different their chins
her chin is almost double the length of
this one's him
her lips are full like she's going
through puberty this one hasn't gone
through puberty the hairlines are
different
the shapes of her face are different
okay they look like an older and younger
sister as opposed to identical twins
well how do that happen if their dna is
identical
and they're born just moments apart
well maybe this one gave her gummy bear
vitamins to the dog under the table
because she didn't like it they stuck in
her teeth
maybe she didn't eat carrots and this
one ain't double the amount of carrots

just that small amount of difference in
what they took in their bodies make this
much difference
this is called epigenetics the medical
system has a t-brained idea
that genes are autonomous they're going
to do what they're going to do
no matter what's going on around them
but genes and dna and rna
and telomeres the little end caps in
your chromosomes
are nothing more than blueprints
now if you build a house with blueprint
alone no you need brick you need wood
you need nails you need mortar
and electrical wiring you need sewer
pipes and you need copper pipes to get
water in your kitchen your shower
i need flooring you need shingles for
the roof you need glasses and windows
and all kinds of stuff
need concrete for the foundation the
basement
your genes and dna already are the same
way
you just eat well you're not going to
make it you depend what may or may not
be in the food you're eating you're
screwed
but my doctor said all they have does

eat well the average lifespan of doctors
according to their own survey which came
out in 1999 published in six different
medical journals
because they want to repeat what i said
i said they literally 58.
they didn't like that they said well
you've got to be lying that can't be
right that's what that was another one
of the eight controversial things that
was in my audiocassette in 1992 that
doctors don't lie
the wallet glide when they came out with
theirs in 1999.
the average medical doctor america does
not die at 58 like he says we die at 56.
the reason why they didn't care that
they showed they died two years earlier
was they want to show that my science
was bad
that's how crazy they are
okay i'll show you two more sets of
identical transparent moments apart
identical dna
to me they look like cousins they don't
look like even sisters
um look at again the the length of her
chin versus the length of her chin
look at the width of the lips her eyes

are also upset here hers impeller was
around look at her noses are quite
different hers comes straight out this
one's nose come down
this one looks like she's been bent
finishing 400 pounds she got a neck like
a full back and this one's neck and very
slim very feminine
these two guys are born moments apart
have the same dna they're identical
twins
and um the guy on your right i wouldn't
get in a car with him even with a loaded
gun
anybody ever looked like a serial killer
or jeffrey dahmer
he looked like the kind of guy after he
killed you right
and of course here's identical twin
brother he looks like he's lost
i mean he is a confused puppy
yeah he probably has um op you know what
is it ocd
um it's a compulsive disease he also you
know depressed
and maybe even got a little bit of adhd
or something like that i mean
they're the same same genetics but their
shapes and their faces are just totally
different

that just happened during their sort of
pre-teenage years as they're growing up
and what they're eating what they're not
eating
well wallach there's got to be genetics
because
i have three generations of type 2 ideas
in my family it's got to be genetic nope
absolutely not i've never heard gluten
intolerance raise your hand
seventy eighty percent of americans are
gluten intolerant most people don't even
know your doctors don't know what gluten
intolerance does
remember i'm a pathologist living
intolerance actually acts on your
intestines like poison ivy does in your
skin
you put poison ivy juice on your skin
you're not getting an allergic reaction
you get what's called a contact
dermatitis
you like to put batteries from your car
battery in your arm as a contact
dermatitis
when you're gluten intolerant you're
eating gluten you're going to get what
looks like
somebody who's been eating poison ivy

for salad
because that's how it affects the line
of your intestines okay these bill line
which
rhythmically move move food along
increase your absorptive surface by 85
percent
or something it's not just a smooth tube
like a garden hose
these begin to go away and you can get
blood you can get appendicitis you get
diverticulitis you can get
celiac disease you get irritable bowel
syndrome inflammatory bowel disease you
get colitis ultraviolets from
disease all these are caused directly
behind their variations on gluten
intolerance
eczema dermatitis psoriasis rosacea
asthma bronchitis
and multitudes as you can imagine
multitudes of nutritional deficiencies
once you lose 85 percent of
the absorptive surface your intestine if
you're supplementing you can't absorb
enough to prevent these diseases
i'm chronic leaning and i still take
iron i just get constipated get a black
bowel movement but i can't get
angry at my iron deficiency well you're

not absorbing it

you're gluten intolerance i'm gluten i'm

gluten free

you have a dog yep yeah your dog you're

getting heavy oh yeah

we'll raise good friends well that's

where you're getting your gluten from

the dog food

it's the dust from the dog food if

you're married

and your spouse and your gluten

intelligence spouse won't give it up

change the locks in the house

washing machine a a microwave a

refrigerator and bed in the garage

put a little note emailing those saying

i've changed a lot i've changed

everything and have a living quarters in

the garage and you're going to stay out

there

until you are become gluten-free

and come back in the house with me you

have to be gluten-free for three months

before you come in

better now

find out if they love you or not

my favorite time magazine cover is from

december 2008

because it tells us where we're at says

the starry state of american health
remember this is december 2008
despite technological advances in
medicine americans are less healthy than
we used to be and our nationality
certificate worse off
how many heard that our children will be
the first generation to do not live as
long as their parents raise your hand
oh look at that almost everybody in the
room that prediction will come true if
you don't change what you're doing
half of you in this room at least happy
in this room will be standing right side
bearing your children if you do not
change what's going on
right now okay medical system is not
going to change doctors are not going to
change the government it's not going to
change you're going to have to do it
you're going to become a student of this
information which i'm going to show you
from here on out
if you do that you can interrupt that
prediction that prediction is
preventable
if you take action if you do not take
action
your children are doomed to die before
you do it will be an ugly expensive

miserable painful death for them
that's how serious this is
people say why are you so up on doctors
well i married
a microsurgeon you taught at harvard
medical school
it's not that i have a hard time with
doctors but there are no laws requiring
them to mature
that you're available let's say
rheumatoid arthritis i can cure that in
two weeks
it's a bug i can kill that bug with a
middle cycling remember the tetracycline
family in two weeks then you take the
healthy bone joint pack
for a couple months i can support remote
maintenance repair cartilage ligaments
connect the tissue discs between the
brain all goes away but if they treat
you
for 25 years which aren't replacements
give you the trex 8 gold shot injections
and all these things
and bro oh you can pick up a piece of
paper like the golfer
on tv right
well guess what he makes 750
000 to treat you for 25 years now it

makes 300

to cure you there's no law requiring him

to cure you

and there's a cure bill so let's see

let's do a little

figuring here which one is he going to

choose most of the time they can

choose to treat you that's why with the

exception of antibiotics

i can cure syphilis in two weeks with

penicillin i can insure bacterial

meningitis i can cure bacterial

pneumonia with antibiotics

antibiotics are the only drugs that

pharmaceutical companies make to cure

you

although other all other drugs are

purposely built to treat the symptoms

because that's how they make their money

if they church in their days they

wouldn't make their money back from all

the research they did

they build drugs and only relieve the

symptoms of the disease never cure it

even though cures are available

you are an atm machine do you understand

that

you know what made it worse it was

health insurance

health insurance is the worst possible

thing for human health
but let's say you have a chronic
anemia and you've been given iron
supplements
you can't fix it because you have gluten
intolerance i can't absorb it he's never
told you get off of gluten
well the only thing left here is a bone
marrow transplant 140 000 but don't
worry about it
insurance will pay
now time magazine seems to have been
dead against doctors
medical costs doctors are just wrapped
in money
and insurance policies why do you think
medical doctors used the snake as part
of their logo
in the old bible days who was it that
brought
knowledge that only god had to eve
there's a serpent wasn't it
and since doctors wanted to be gods
they said we're going to really embrace
that serpent just in case that was
correct
because we want to know everything god
knows and the serpent is going to give
it to us

let's get a few more here we'll get into
diseases
but we have to look it's only fair that
we look since i'm pointing a finger here
it's only fair that we
look at the record okay let's look at
the scorecard fair there's like you look
at a score card of a professional
athlete an olympic athlete you look at a
score part of a teacher
let's look at a scorecard of a doctor
let's look at the aarp
american association retired people
hungry to hurt aarp let's look at their
monthly bulletin
cover story march 2012 the worst place
to be in america when you're sick is an
american hospital
the number of american patients who die
each year from american hospital
averages simple
errors is equal to four jumbo jets
crashing each week let's be conservative
and say fifteen hundred a week
three thousand every two weeks at six
thousand um
a month seventy two thousand a year
how many of you fly american airlines
because they killed 72 000 passengers
every year from symbol of navigational

layers

how do you eat taco bell if you knew

they killed 72 000 patrons every year

from simple

hairs in the kitchen

newsweek magazine cover article

came out what is this

[Music]

that's not the date oh there we are here

august 2011 august 2011.

the one we're just going to save your

life from the medical system

this is the centerfold from that issue

newsweek magazine august 2011

since the end of the month it hears

these doctors coming towards their

patients

they look like good christian doctors

approaching the patient to give them

help

you know they look like they're

desperate because they have mercedes

payment don't have the money

so the one word that's going to save

your life is no no

do you realize when you put a roof on

your house or sprinkler system you're

gonna get five different quotes and bibs

you check them out you render it down to

the last two which you think are the
best before you sign the contract
you take them now angie's list the old
days you take in the better business
bureau and see if they didn't finish
their work if they you know had
complaints about the quality of work
and then you choose you go to the same
doctor for 25 years never get a second
opinion on any advice you get
i'm gonna rip your heart out put some
dead guys right here okay
thank you thank you
of course a fuzzy warm little magazine
every doctor
dennis has this in her waiting room
right
because he always had the greatest love
story you know
dog pulls kid out of the house fire by
the collar
a little four-year-old lucy called 911
she had a heart attack
so most doctors and dennis never read me
saying it is throwing the lobby because
they didn't only be warm fuzzy swords
i guarantee of this one but not in the
waiting room
in 2007. now this does not say you look
if you look here this doesn't say fatal

hospital station

it doesn't say that that's what it looks

like it says but it doesn't say that

what it says

is possible

look at the size of the font look at the

colors blood red

i want you to look at angelina jolie had

her breast cut off

because she had the jeans you know for

breast cancer

i've been saying this since the 1960s

and 70s when i'm doing all those

autopsies all the genetic stuff they

were saying

was wrong as i'm seeing it on the

autopsy table 454 species of animals 3

000 humans

and it got pretty ugly there right well

angelina jolie believed

the doctor they will be joined in the

head of respond on today's newspaper

from san diego

all the data they've accumulated

actually disputes claims that there is a

gene for breast cancer

do not get your breasts cut off if your

doctor claimed to have breast cancer

big headlines in the san diego newspaper

today i said that 1971
which is what 45 years ago
because the genetic theory is one of the
failed medical theories of the 20th and
21st century
those are my favorite stories because
they show you the
sources of the figures that they get
there's a full page story
full page february 5th 2007 usa today
look at the title page protect myself
and they got the story from the
institution which is the ethics watchdog
the medical profession the german
american medical association
which is the uh most prestigious medical
journal certainly in america maybe the
world
and then the center for disease control
which i used to do to work for when i
was in atlanta at the aircraft's primary
center
that tracks this kind of stuff this is a
yearly figure i'm going to give you this
a yearly figure that they gave
is not a lifetime of accumulation as
they yearly figure
every year they said every year in
america medical doctors kill
injure and infect 15 million patients in

hospitals

every year in america medical doctors

kill injuries affect 15 million patients

in their household athletics

nobody gets their license to spend it

for three seconds christ's fred now

better i gotta have a couple more teens

i just killed three people today don't

worry about a prank i killed five let's

have three martinis

let's break that down a little bit

that's a big figure let's just look at

infections in hospital let's just look

at c diff

classroom difference here which is a

human poop bacteria okay

center disease control we're looking at

march 1998 a yearly figure

center for disease control not me i'm

just reported here

two million americans are infected in

hospitals each year yearly from c

diff but doctors don't wash their hands

after you go potty

it's a human poop factory are these two

million infections each year in

hospitals alone not clinics and private

offices which is households

90 000 of these people die each year 90

000

each year i'm going to ask you a

hypothetical question here

what if north korea or iran would send

over intercontinental ballistic missiles

with a biological weapon

for large population centers in fact 2

million people la

dallas texas san diego santa washington

denver colorado places like

chicago what about atlanta new york

new jersey philadelphia and in fact two

million people with a biological weapon

and kill ninety thousand

once be war

i don't care if you're liberal i don't

care if you're conservative and

independent everybody without

flickering high growl would sign off on

a declaration of war they killed ninety

thousand americans one to attack

wouldn't it your answer yes you're lying

counting

it's why is it that not one doctor gets

arrested

they kill 90 000 every year government

figures

infect 2 million in the workplace they

don't even get an ocean ticket they

don't get the equivalent

of a parking ticket for god's sakes
they're going to a protected monopoly
since 1914 in flexor report look it up
google it flex report
1914 a monopoly
self-policing no oversight by any agency
that same law
killed off all their competition and the
worst possible thing that happened right
after that was they got insurance
oh my god he became an atm machine
before there was atm machines
we're beginning to get the picture here
my doctor belongs to my church i just
love him
in the mafia goes to church so
church presence and of itself without
what's going on in here
doesn't count much does it let's look at
a couple more pieces here then we'll get
into diseases
let's just look at pharmaceuticals and
then we'll look at the financial costs
we've been looking at
human suffering and death let's look at
financial costs in this one piece here
let's just look at pharmaceuticals this
came out in 19
i was going to be 2006 and 2006 as a

report by the institute of medicine

again the ethics washed off the medical

system not me

they said they said

these types of errors occur yearly

these are decimal point errors but

prescribing position all they looked at

was a decimal point here for the

prescribing position

by fulfilling pharmacists in america

alone each year nearly about

1.5 million fatalities and permanent

injuries

the street drug dealers only kill 10 000

americans every year

you're safer by getting street drugs

from a drug dealer on the street than

yard from your own doctor

this is very very very scary

guess what's going to happen to your

kids if you don't take control here

that's what i'm going to show you next

i'm going to show you how to take

control

because if you don't do this you will be

burying your kids

september 7th 2012 is on the front page

of a newspaper in america and everybody

thought this was a

government waste study i use healthcare

weighs 750 billion three quarters of
trillion 130 american
health budget so who cares why i can
read the article because everybody knows
the government waste stuff
but that's not what the article was
about the article was about was your
position and how he builds your
insurance company what i said was
roughly 30 cents out of every medical
dollar built to your insurance company
was built for unneeded care things your
doctor did to you
that you didn't need but he needed the
money so he did something he didn't
build
the insurance company there's no
oversight so it's never looked at
as a crime because nobody ever looks at
it
for self-pleasing like the mafia boss
being put on trial and everybody the
jury
is a member of his family i'm talking
about blood family who talk about his
crime family okay and then they went on
to say fraud
contributes to this also fraud is they
just bill for stuff there's no time to

get you in for a procedure
he needs the money now so he just puts
in a bill goes through
there's no oversight that's not me
that's the institute of medicine
the ethical watchdog american medical
associates
bernie madoff went to jail for life plus
150 years for a lifetime of
fraud you know remember the stock broker
go to jail for life plus 150 years
because over 30-year professional career
he defrauded all of his investors of
three billion dollars well here's one
trade that
every year he frauds are customers of
750 billion
and nobody goes to jail nobody gets an
ocean ticket nobody gets to find equal
to a parking ticket
nobody has their license to spend it for
three seconds
when you get pissed off enough to do
something
any veterans in here oh good
good good let's give it a hand folks
[Applause]
thanks for five years in the army and 15
years in the air force
and uh so i i have a special love for um

veterans and people who work to save
this country from enemies foreign and
domestic
now when my my cd came out my audio
cassette tape
came out in 1992 in 1998
the state medical association of new
york
invited me to speak to their association
meeting where they have continued
medical education where members can
get credit to maintain their licenses
and
he just said please don't use the title
dead doctors don't lie in your speech
here's something else we want to know
what we're doing wrong so we can fix it
please tell us that but don't use that
title but it came up with medical mouse
trap seems kind of benign
so if you want to listen to something
fun you get that audio
or the cd medical mouse trip
in there i said many many things but the
one thing that caused
havoc at that meeting was they said you
have two opportunities to give your life
to your country once on the field of
battle and the others in the va hospital

remember i said that in 1998
you have two opportunities to give your
life to your country once on the field
of battle it was the va hospital
i mean the va doctors were there in that
meeting they ran up the middle out
screaming at me
you know profanities at me and wanting
the programs and thrown at me it was
like
mayhem and uh because i was ready to
defend myself right
and so it's recorded and given to the
department of veterans affairs
well the next year exactly the year
later december
1999 a report was given
cover story in the new york times is a
big story
because they had to do the investigation
because what i said
this is a horrible story but it's gotta
be told they said there's hundreds of
thousands of minor mistakes made in the
day system america every year
three thousand serious mistakes that
require the veterans to remain in the
hospital the remainder of their life in
a coma usually
from some botched procedure

of those three thousand serious mistakes
every year the day doctors killed look
at the word they used killed
700 veterans okay in afghanistan
last year the enemy on field that only
killed 375 americans
the va doctors killed 700
when you get pissed off enough to do
something they haven't fired one of
those people
yet other government employees we can't
touch them
oh i was good surgeon general i had a
department of human
health and affairs i would grab them by
the
belt and the strap in the neck throw
them on the street and kick them a few
times say come on sit in federal court
let's see what federal jury says about
what i bring up against you what you did
to those veterans
come on frank let's go at it
your elected officials don't have the
balls to do it
the union will go against me
[Music]
they're not your representatives anymore
they're their own representative

that's right and so if it's going to
change you're going to have to change
you have to be proactive here
to save this country
i'll show you one more horror story and
we'll get into the diseases
there's a true story the cover article
uh eight years ago this is shawn's
favorite story
in orlando newspaper
we have a meeting here about eight years
ago this happened to be the cover story
on the front page
sunday newspaper in orlando's newspaper
it's about a 28 year old woman
a hispanic girl from a low income family
and plus she's from a low income family
she
used the county medical facilities for
her prenatal care and for you know
pregnancy and she goes into labor so the
the hospital she's been going to the
county hospital pages the doctor
he calls up remember those eight years
ago he called him okay what's going on
well so and so
uh going into labor and um here's her
doctor
uh we invite you to come deliver the
baby i'm in the 14th hole here

he's going for the doctor i'm a 14 hole

i'm way ahead

and i'm reluctant to come in before i'm

finished i've only got four more holes

so

i'll be in a couple hours there's first

baby

started labor might be 12 hours right so

he that's how i sing

so they they page begin about 45 minutes

this baby's crowning he's coming fast

and we urge you to get here now there's

another doctor here there's something

wrong

she needs cesarean i mean she's bleeding

you're the doctor we're just warning you

so he shows up

half hour later and he is pissed

because he lost his beer or whatever it

was that he couldn't win because he

couldn't finish the game

he marches through the clean room

doesn't scrub doesn't put on any

um clean clothes

doesn't wash his hands he walks in he

immediately cuts her arms off the elbows

cuts her legs off the groin

and then he delivers the baby he did it

six months later to another woman

who just served his golf game he's still
working at that hospital in orlando farm
true story look it up
this is the most horrible example of
what a doctor can do who is implied by a
government system
if i ever heard daddy nobody can do that
to my baby girl
of pain and price right
i have only been found guilty of
temporary insanity
okay here we go now you know the basis
of why you need change
and here comes some change
we're going to go fast now i know you
didn't handle it
let's look at obesity i've already told
you it's not a
factor of eating too much lack of
exercise a simple nutritional deficiency
but it's one of the things that's
breaking america how you heard the word
globe city global obesity
okay if you have heard that um every
country that's on the edge of going from
a third world culture
to virtual culture they be you know
beginning to be industrialized
the first thing enhancements they all
become obese

not from increased calories not for more
coca-cola being said over there with
high fructose corn syrup
i'll show you why in a moment
in fact that's why i've been invited to
speak the united nations
general assembly in october of this year
for an hour and a half on the subject
already tonight hell's kitchen the cause
punching cure obesity
experts are telling us that seventy
percent of our kids under the age of
twelve are
overweight forty percent of our kids
under the age of twelve obese thirty
pounds or more their ideal weight for
their height
has nothing to do with lack of exercise
eating too much it's a simple
nutritional efficiency
i'm gonna give you a clue here here's a
little girl three years old
natalie hayfurst from terre haute
indiana was on every news program
tv radio and every newspaper america
okay and uh just about i don't know
three years ago now
three years ago now and she was famous
because she ate light bulbs

but thank god there's no calories my
fault otherwise she's been obese
so what's going on here she has the same
disease pregnant women have
raise your hand if you've heard that
women get cravings and weird appetites
that's why they gave a baby fat they
called baby fat right i could never lose
my baby back i exercised
i cut my calories i can't lose that
understanding baby
deficiency
a couple years ago i went to brazil gave
some lectures
everything there was in portuguese
newspapers magazines radio tv
only one english newspaper so i would
read that every day and then there's a
great story
for a pregnant woman who made 20 bass
fighters who ate 20 best punches
a day for pregnancy she also ate the
sand and the parrot poop from the bottom
of the pair cage in her house
every day there's some weird appetites
right
putting sand in the sandwiches mother of
these bizarre cravings during her two
pregnancy
and animals particularly horses they

chew on the fences they chill the stall
rails this is called cribbing
okay this is a little harsh buggy amish
farm barn i was there to see a bunch of
kids with mushrooms
and we deal a lot with mustard in the
amish community we're reversing like
crazy
and we gave this information to jerry
lewis five years ago said hey you earned
the right to be the one to make the
announcement we found that eventually
guess what they hired him that's why he
hasn't done the telethon
i wouldn't give him that the monster
issue foundation maggots from a dead dog
let alone money before they fire jerry
lewis they fired
us when he brought in the cure for
muscular history anyway you can tell
that horse whether you didn't even need
to look at it didn't need to do any
blood samples another that of course is
nutritionally deficient it's called
cribbing in horses cribbing in horses
equal to munchies and people munchies
people cooking horses
and horses for cribbing we give them
minerals in three days time it goes away

it's much cheaper to give them minerals
than it is to rebuild the barn because
they don't need barn looking for
minerals
so in humans instead of letting them go
drink
um high fructose corn syrup pepsis or
coca-cola or mountain dew
you give them minerals with their
supplements and guess what they didn't
create
they wouldn't even like it if you gave
it to them they wouldn't drink
so we do thousands of people a day that
come to us they're obese
thousands a day and they'll lose a half
a pound of two pounds a day
i'll share one example but we have
thousands today we'll lose
25 pounds if they needed to lose 140
pounds in 100 days that kind of stuff
this fella here a pastor from charlotte
north carolina
i haven't led better uh he's six one
here's his son who plays basketball in
football
you know he weighs about 260 he's six
foot five but he's 423 pounds
master we put him on the program for a
weight loss is called a healthy weight

loss pack right

and um he lost 17 pounds in the first

week

started asap which is part of the

program as slim as possible as possible

lost 60 pounds the first 30 days of two

pounds a day went from 400 pounds to

that point to 165 pounds in seven months

and here he is seven months later oh

yeah

he was also on dialysis and he had high

pressure diabetes all that's gone

we got him off the dialysis we got him

got rid of his high blood pressure

and his type 2 abuse is gone because

they simple deficiency of the single

mineral

now dialysis is there's nothing wrong

with your kidney when you have dialysis

excuse me when you have a kidney and

they push on dialysis

there's nothing wrong with your kidney

what happens is you get

obstructive disease you get inflammation

obstructive

artery disease your kidneys and the

filters won't work in the kidneys

because

it isn't getting the dirty blood to work

on and so the kidneys just go into
hibernation
can't so the filtration rate goes down
the creatinine goes up
because it can't do anything because
there's no dirty blood getting in there
so about 25 years ago we learned how to
encourage
the obstructed artists to allow blood to
come through okay and we got the blood
flowing again
and we take people having urinated in 10
years on dallas to six days a week
for 10 years and i've been on dialysis
ten years before that
even two weeks to two months they start
urinating again
and another couple of months are off the
dialysis even if they've been
had diabetes for 30 years and 30 days or
next diabetic
type one type one you might be able to
reduce the amount of medication they
take by nine percent but they're always
going to take a little bit of insulin
but they don't make it
or not enough type 2 diabetics they make
10 times more than they really need
there's just no communication for the
insulin to the cells until you give them

that nutrient
and suddenly it all works been doing it
for 36 years and it never
fails it never fails kind of like having
a combination of a combination lock
always works
i've already talked about athletes so we
don't have to go into detail there
now comes the real basic stuff
i'll stay awake here folks because this
is what's going to save you and your
children your brothers and sisters
your church mates your neighbors your
workmates this is
i can make america a type 2 diabetes
free country in two months
okay again that's why they're having me
speak united nations
in october this year for those two
diseases obesity and diabetes are
breaking
industrialized nations financially
well there are 20 cultures
that the national geographic ranks as
the top 20 longevity cultures
that's one of my passions is to i want
to live the 200 or more
and be biologically like 30 it's doable
but you're gonna have to give your genes

your dna your rna and your telomeres
everything they need
to maximize your genetic potential for
longevity
and health and bending off disease and
speed and strength and intelligence just
is like putting the right type of oil in
your
lamborghini every thousand miles same
principle right and so i want to know
what is it for these top funny longevity
cultures where each one of them features
a cover article in the national
geographic over the last 60 years
how come the national geographic didn't
put them all in one issue that was my
question
so we put them all in one
book we found out that these top 20
longevity cultures have 40 times 100
as we do at 100 over 250 of the
population we have 100 over 10 thousand
they have 40 times 100 as we do
they're illiterate they're verbal
cultures they do not have doctors
insurance government private they do not
have emergency services
they don't have hospitals or clinics
they have no utilities no ends are
plumbing they have no roads no cars no

phones no tvs no radios
no computers they don't have anything
you would think i was being modern why
would you go there for anything for
god's sake
they didn't even have a drive through of
any kind you should build a
drive-through nobody has cars and you
know move around in burrows right
well it turns out they have 23 common
threads which you all can do at home
so we put all these 23 common threads
based on each culture we did each
culture and then we have a summary in
all cultures
all the statistics put together here
very simple for you to
pick out what you need to do i'm going
to show you some details in a moment
but basically again one of the things
they do is live on a calorie restricted
how many heard that calorie restricted
that will help you live on
okay good about 25 percent of it a
calorie restricted diet works because
if you eat a lot of food you need more
nutrition to deal with it
to metabolize that food you're taking
less calories

you don't need so much nutrition so if
you're a little deficient won't make a
big difference
you're taking lots of calories if you're
a little bit deficient it's going to
kill you
get the picture that's why calorie
restricted diet works is because you
don't need so much nutrition
none of them get any bad stuff pushing
to build a drive through again for
people who move around in burrows so
they don't get fried food they don't get
carbonated drinks and all that kind of
stuff
they do get the 90 cents of nutrients
i'll show you how they do that in a
minute
they take in 10 times the org points we
do which is a measurement of how many
free radicals are neutralized with the
antioxidant their food
this is may 2013
cover article national geographic
they had five different issues there's
one issue the magazine one printing the
magazine
had five different covers everything
inside the magazine is exactly the same
everything on the cover is exactly the

same except for the picture of the kit
one fifth of the issues had a picture of
a brown kid
another one fifth had a black kid
another one had an oriental kid another
one had a white kid
another one had a native american kid
and every one of the races took the
picture of their
baby on the cover which you'd assume
that's what they would do so they saw
more issues with this one
magazine made 2013 than antioch because
everybody wanted to picture their own
baby
let's look at billionaires i've been
asking gosh for 20 years
forward magazine and other organizations
tell me about billionaires i want to
know what
sicknesses they get i want to know what
their average lifespan is what they die
from
i came up with a cd called what kills
billionaires
and they they got permission from me to
use it as a
title for one of their articles in 2004
this came out you shouldn't look up my

cd what kills billionaires and
they said the average lifespan of a
billionaire is 78. again people living
under the bridge would be 78
that's not too exciting so they got the
top
personal trainers they had exercise
equipment putting their
limos where they drove from home to work
every month they work out and on the way
to work
they put gymnasiums in their offices and
their homes
but the doctors told them that these
people who live a long time
you know they work hard physically 12
hours a day seven days a week
and you're living on computers and so
that's why you're having all these
problems so
they decide they want to work hard you
know give me give me ten more
sweat no pain no gain why these
billionaires are just working out like
crazy
well march 2011 they reran the study for
his magazine
and remember 2014 lifetime of 78 in 2011
the ravaged lifetime was 66 they lost 12
years

plus 12 years of average lifespan and 12
years of time
how'd that happen they were working out
they were eating meals over a thousand
bucks each i mean organic and
prepared by the best five-star vegan
chef and all that kind of stuff
but not one person told him to take the
90 cents of nutrients
so nobody took vitamins and minerals
just like athletes same principle and
they all died
just like this fella here he chose
poorly he'd been a five-star
vegan chef exactly as the chef said
a smart techie a billionaire died at 56.
he had steve jobs which is eating well
did for him
bam he was dead
now the oldest man in america ever
recorded and documented
was a guy named george francis who died
in december
of 2008.
he lived in the swamps of louisiana but
you already know where i'm going he
lived in the swamps louisiana
uh he was illiterate he lived in a cabin
that was built by his great great

granddaddy during the slave days
he died at 112 documented by the us
government
and he outlived 19 us presidents he
lives here 19 u.s presidents the average
lifespan of whom was 75
the doctors who cared for these 19 us
presidents for the average lifetime of
56 exactly have a georgia's
age and here's his daughter reading the
newspaper to him because he was
illiterate
when he died at 112 the reporters asked
his
daughter what her daddy did with behind
trump she said he broke all the rules of
healthy eating
who came up with the rules of health
hitting medical doctors who live to be
56
no cholesterol no fat
more oils
i love it when newspaper reporters
interview
little old ladies 110 112 there's one in
the newspaper this morning
uh who just had 116th birthday she's
classed as the oldest living person
right now in the world that's documented
i think probably the united states i

wouldn't say the world but certainly in
the united states the oldest living
person
and they asked her what she treated her
long healthy lifestyle she says it's god
well i believe that
i could go for that but i believe it's
more than god i think it's god's systems
now if you tap into god's systems you're
going to do better than if you just
believe in god you don't tap into his
systems
that makes sense yeah it's kind of like
being on the prayer list
and never doing anything being
prayer this isn't quite enough you have
to change all the bad stuff right
and do more of the good stuff and take
some responsibility here
so i really appreciated his daughter's
answer she said he broke all the rules
of healthy eating
with a diet heavy heaviest or to use
on dairy products eggs and large
sandwiches
how people ate before crisco
huh now he lived in this cabin and had a
pot belly stove and dirt floor
he made his living by catching crawdads

and catfish to sell to cajun restaurants
and he lived being 112.
all right get in the picture here it's
always a third world situation
it's never a billionaire it's never the
top 60 million
year athlete who lives me a hundred it's
always a third world
culture person always
i'm going to show you why we know
exactly why because when you examine all
of them
and you have a degree in agriculture so
you kind of inspect that piece
you have a degree of veterinary medicine
you expect that inspect that piece
i'm a pathologist and i looked at that
and i'm a primary care physician
so we know exactly why this is the
scenario that it is
now how many of you ever heard of rare
earths raise your hand rare earth okay
rare earth uh have to do in modern times
of computers you know one
beat one little battery the size of a
baby that's made out of rare earth can
power a whole town it's really powerful
stuff and
rare earth there's nine of them that i
know of and six of them been heavily

researched
and research shows that they actually
double life spans the laboratory and
let's say take laboratory rats you give
them
a half of them um ralston preena
laboratory rat pellets and they
literally be six years old they give
this another
group the study group begin the same um
alfalfa pellets from laboratory
rat pellets from from training plate you
grind them up into powder you're
throwing
any one of the rare earths any one of
them either being the atrium
sumerian europium neodymium positive any
one of those that have been studied
but any one of them one thousandth of
one microgram
one thousandth of one microgram in that
pellet
no double lifestyle losing twelve
instead of six
and so in that book rare earth vin cures
which talks about all these mineral
deficiencies that
would cause people to be obese and all
these different diseases including

diabetes and muscular dystrophy and
cystic fibrosis and all these other
birth defects and
lupus and all kinds of stuff these rare
earths are talked about quite heavily in
here
and okay and also the book immortality
now lucia lepay the head department of
public health at harvard medical school
in 1990
wanted to do something for america so he
did a study county by county he was
looking
for the secret which county in america
was going to live the longest
and he checked the medical records of
every county united states sent teams
out to look at him
and he found the ones that lived the
longest and he found the ones that lived
the shortest
it was a 25-year difference he said you
know there's got to be some difference
in how they treat patients in the
hospitals and
how gps treat their patients and the
ones that lived the longest he put in
purple he found they lived in the
midwest the upper midwest the plain
states for both

females and males okay and purple live
the longest
and the ones in the yellow orange and
red like neal confederated stage cook
county chicago lake county
uh west of the mississippi river they're
almost all
red orange and yellow or in indian
reservations
these people don't live as long as
people in purple 25-year difference
and so what what is it they all have the
same medical care even people living
under the bridge get the same medical
care
as a billionaire i mean somebody living
under the bridge if they can stumble
into the emergency room
because emergency room doctors give them
the very best care
because you pay for it so just because
they're living under the bridge doesn't
mean they're going to get neglected i
mean they get every test is going to be
they're going to get paid the best
get hospital care right so everything's
the same so
if the medical system is saying why is
there a 25-year difference between the

ones in the midwest government western
plain states
and the old confederate states in
chicago and gary india and the indian
reservations
25 years that's significant
because of how they eat and the
nutrition in the soil where they live
so we're beginning to get a picture here
i should show you one disease let's just
look at cardiovascular seeds
don't you notice that that's kind of the
same patterns i just showed you on his
longevity
the worst places are in the burgundy the
dark red
you know it's in in alaska there's no
heart disease all the eskimos are eating
nothing but whale meat whale blubber
their class walls are 350-500 they don't
even have any cardiovascular wow
ground zero for the worst possible place
in america for heart disease and obesity
and diabetes and cancer
is jackson mississippi where i'm going
monday
my lecture about six times a year trying
to save people
as much as i can so what's going on here
well

there's little or no selenium in the
soil here little no sleeve that's all in
these places
okay and as a result they get
cardiomyopathy heart disease
they have cataracts uh they get
obstructive artery disease they get all
kinds of stuff
they get fibromyalgia they get baby
birth defects of
muscular history and so on but heart
attacks are a big thing here
sudden heart attacks
i'm going to show you a quick one here
it has to do with gluten intolerance i
really need to move this
up closer i already thought about gluten
but this is a little juicy
he's three months old here being
breastfed by his mama he's born with his
ex-wife every square millimeter of his
body his little penis his butt
up in his nostrils and his eyelids his
eyes it's clever white so his eyes are
covered with eczema
uh he has asthma he's born that way his
mama is 28 years old she had
the same thing asthma and eczema when
she was born it got worse and worse

worse at age 28 it was really
bad for her uh the pediatrician was
caring for uc
told her to get one of these infant
monitors when he wheezed at night
run in there and spray him with an
inhaler for his asthma told him to keep
his fingernails clipped put mittens on
him
and put cortisone tree money to stop the
edges for his accident
well you put on a gluten-free diet here
the 90 cents of nutrients 60 minutes 16
biomes 12 centimeters three essential
fatty acids
and two weeks time for asthma eczema she
had which was getting worse for 28 years
now remember she's breastfeeding him all
those nutrients are coming through her
breast milk
and the same two weeks that she got rid
of her husband eczema well you see his
asthma eggs in one way
he's at two years of age he's on his own
gluten-free diet and his own
non-essential nutrients you can tell by
looking at him he doesn't have asthma
asthma anymore
now if he had been left alone and not
given the 90th century nutrients and

stayed on a gluten-free diet
the ozarks who would have died by this
time
are you getting a picture here yeah this
is in your hand you can't unknow what
you know
you can't put the genie in the bottle
now the scary thing is you know more
than most doctors
at this point it's not scary that you
know it's scary that they don't know it
they're seeing hundreds of patients
every week which is very very scary
the same thing works with psoriasis it
takes a little bit longer four to six
weeks for psoriasis to go away
have you ever heard lupus raise your
hand you know if you've seen anybody
with lupus systemic lupus they have this
rosacea their face is a little butterfly
irrational their face is very
characteristic
and you get them on a gluten-free diet
get when the 90 centimetres is
appropriate for their body weight
lupus goes away in a couple of weeks
not an autoimmune disease it's a simple
nutritional deficiency caused by
the lack of the villian intestine

okay let's talk a little bit more about
the ninety essential nutrients and we'll
summarize it up
how long do you need water for life
how long you need oxygen well now you
got what that didn't take long you
learned quick
how much you need the 90 cents of
nutrients okay you got it
it's not difficult is it you think some
people as clever as doctors should be
able to figure that out
90 cents of nutrients are called
essential nutrients for multiple reasons
but the two most important ones you
can't make them you must eat them every
day
either as food or supplements or
combination usually of both food and
supplements
also they're missing grand length of
time you get herbal diseases all of
which are ultimately fatal
you need 60 mils which are two thirds of
the 90 centimetres so that minerals are
important
you need 16 bottoms two amino acids
three fatty acids and all these are
required
by your genes your dna your rna your

telomeres to maximize your genetic
potential
for longevity for health and fending off
disease and strength
and speed and intelligence and all the
things you think of as being
dealt with by genetics your gene does
not work in an autonomous fashion it
requires all these raw materials to
function
as optimal capacity just like that
lamborghini car
this is a article from the april 16 2012
issue of food chemistry a very well
respected journal i read it all the time
but i wrote the first paper in a mass
style in america from evolution
published in 1962 and
this has to do with reporting of foods
that are harvested every month from the
united states in county by county
listed by county and um tells you the
pollution load in which i was interested
in plus they began to learn
what nutrients when foods grow in
different places you can see how they
occur
in strange patterns well in this
particular issue april 16 2012 they

looked at the nutritional value and
pollution load
in the top eight baby farmers gerbers
and families and black ones are very
familiar with many or five razon right
what they said was commercially
available baby foods may contain less
than 30
excuse me less than 20 on the
recommended levels of many medicine
bodies
remember you need 16 minutes i want you
to identify you to find a commercially
available baby food in the store go look
at infamil similac
and herbert baby formulas on the shelf
in the grocery stores finding one that
has 16 minerals that most of only have
13
or less between 9 and 13. i had
there's another one my eight lawsuits i
had to assume in federal court to get
selenium in there
okay i want you to look that up so what
you're going to have to do to save your
babies and grand babies what you're
gonna have to supplement them because
it's not in the food
now how did now i'm gonna show you
something because i think

you'll recognize this but i think it's
important it's worth two or three
minutes
this is a sunday magazine from the globe
and mail which is kind of the usa today
type newspaper the national newspaper
canada comes out every day including the
weekend
this is a weekend magazine kind of like
parade magazine to them
and the doctors up there were having
impact char alone
i'm sure i want you to stand up for a
minute wait everybody she's been with me
for 25 years
she's uh responsible for um 500 000 of
my patients
okay she deals with them electronically
every day she pays me information fees
them information right
and um so canada they're having quite an
interesting time because
she has 25 000 patients in canada alone
in ontario just right there in ontario
and so the doctors are up there getting
offended a little bit
and so they say why would you want to
take all these vitamins and minerals for
nutrients but you can just eat well just

eat well you get everything you need
well i defy you to tell me how many
milligrams of calcium you're gonna get
from a one inch wedge of that green
apple
but you wanna do a twenty five hundred
dollar analysis out of every piece of
food you eat
find out what's in it so you can then
make up the supplement
i defied you tell me how many
international units of vitamin a are
beta-carotenes in a one-inch wedge or
that tomato without an analysis
what about folic acid how many
micrograms of folic acid
is a one-inch wedge of yellow bell
pepper
i know how much is in every one of these
things
i wouldn't take all that stuff but you
know we have liquids that have 245
nutrients in a liquid
you have to take all those pills and
capsules right so we've got it down to
the science
to where you can guarantee you're going
to see now char you've been taking
uh enough stuff by body weight for a 200
pound guy twice a day

for how long now going on 25 years
when was the last time you were sick
i want you to stand up again please face
the audience please
and april 7th you turn how old 72.
when you do this ladies and gentlemen
look 30 to 50 years younger
now in a week i'm turning 76 i haven't
been to a doctor in 68 years
i've never been on a prescription
medication i've never had any surgery my
blood pressure runs 90 over 60. my pulse
is 36
and char as a witness we had the
insurance companies
sent a nurse practitioner and a pa to my
house because i refused to go see
doctors
and so they threatened to murder me by
the way
on the air on the radio because they
thought they were on the telephone
record and um and so anyway
so i had them as witnesses that actually
had this done by pas and
and nurse practitioners for the
insurance company for my life insurance
for my wife if something happens to me
and um they just said well you need to

be on blood thinners
your pulse is only 36 you're you're
going to get a blood clot i'm going to
give you a blood plaque
i take in 19 grams 19 000 milligrams of
omega-3s every day
do they fly so much i don't want a
pulmonary embolism or
incarnate thrombosis or a thrombotic
stroke if i take in
19 grams 19 000
milligrams are these omega-3s every day
along with all the other
89 essential nutrients right and so
i'm not worried about it because it's
not going to happen
and it happened in 68 years right and so
what did what did rich people pharaohs
do 8 000 years ago to get their minerals
they paid grave robbers great sums of
silver and gold to get them mummies who
were supposed to live forever
and they would grind these bumpies up
and eat mummy dust as their source of
minerals
just like bone meal or
what do you call it supplements that
come from coral reefs
coral is just skeletons of little
animals we'll see animals

is why not a skeleton of a human being
it was called mercury campbell it was
illegal today
i couldn't get away but you probably
couldn't afford it that's how they got
their minerals
well subsistence farmers and slaves
couldn't afford
these things and so where did they get
their
nutrients
let's kind of look at this a little bit
let me kind of change this place a
little bit here um anyway
how do you remember going to your
grandma and grandpa's house you're old
enough remember going to your mom and
dad's house had a wood stove anybody
remember the wood stove days
okay what did your mom and dad or your
grandma and grandpa what did they do
with the wood ashes they put them in the
recycling bin to save the earth where
the wood ashes go
in the garden and the vegetable garden
exactly right went to the vegetable
garden
now wood ashes are not ashes wood ashes
are really minerals

95 to 90 percent of that powder that we
call wood ash that are really
minerals that the tree sucked up out of
the ground and the nature
and the amount and variety of the
minerals in those ashes will depend on
where the tree grew the nutritional
meals are not occurring uniform blanket
around the twister they occur in veins
like chocolate and sharper blackberry in
some places there's not
in some place there's just a modest
amount some places are okay mouse but in
some places there's a lot
i guarantee you wherever people live a
long time they have a lot of saw
well they take these wood ashes they
throw them in the garden
and the trees suck them up you burn the
trees
and throw the wood ashes into the garden
and guess what
the peas the bees the squash the
tomatoes uh the okra
bell peppers the sweet potato the onions
suck up all these
minerals you eat them that's how we got
our mural supplements for thousands and
thousands
and thousands and thousands of years

well three o'clock in the afternoon
monday september 4th
1882 on pearl street new york city it
all changed in a heartbeat at all change
at three o'clock in the afternoon monday
september 4th 1882
on pearl street in new york city the
bluff overlooking the construction of
brooklyn bridge an event happened
it was in every newspaper in the world
the next year because we had the
telegraph
the story went out across the world and
the next day was in every newspaper in
the world
this fellow here thomas edison had
pulled the switch in the first
commercial electric generating plan
within 10 years every time in every city
in the industrialized world
converted from what is the universal
fuel to electricity i don't care if you
remember anything i've told you so far
i want you to take home this next
paragraph okay this one i want you to
take home
you fill your home with electricity you
fill your home with electricity
how many wood ashes are left over in

your home every morning

and what did you replace your source of

nutritional mental supplements with

nothing nothing nothing

now here's a little grandma ruthie 87

years old she's starting to feel some

aches and pains and she sees an

ad on tv for boost and ensure maybe one

day behind you

dr frank i saw all this stuff about

insurance and wanted a

shouldn't i be supplement my dad with

some items and minerals or something

do not solve it

you know else i want you to use very

good german chemistry

pharmaceuticals

okay beginning to get the picture here

every doctor who said that should be put

in jail for murder

but they killed little grandma ruthie

assures he shot her in the head

but she was asking she's baking

shouldn't i be taking some oh no just

eat well

you'll wind up like steve jobs

then 56.

are you beginning to get the picture

here he should have at least said well

yeah i really don't believe in it much

but
can't hurt you go ahead and take a
supplement if you want might do
some good but they never do they always
say don't do it you'll overdose
so what what was the overall result from
that
well you said document 264 came out in
1936
usm document 264 and
says countless human ills stem from the
fact that impoverished
salt or deficient salt of america no
longer provides plant foods with the
mineral elements
essential for human nourishment health
they knew that in 1936 it was published
in the u.s senate document 264 but they
had
hearings by the agricultural department
and farmers and university professors
and agriculture were having all these
testimonies
and they put it all together in this
document it's not like they haven't
known it
who said doctor 264 1936
well how the hell did that happen
not only did we convert to electricity

instead of wood no wood engines went
into the garden anymore but what about
the bigger fields
well what were prior to electricity what
were the most
expensive and the most fertile farmlands
bottom land land uh things like
flood plains now what would happen to
these floodplains in bottomland that
were in valleys along the sides of
rivers what would happen every year when
it flooded
that water that floodwater would receive
what it leave behind
silt which are minerals from mountains
hundreds or maybe even thousands of
miles upstream
now the farmer pushed that silt off to
the side before he planted
he plowed it back in every year he would
agree inoculate the soil with those
minerals
but people liked electricity it was safe
it was inexpensive it was predictable
they saved a lot of house fires boy they
loved it they stand there all day
on on off it was just quite a thing
all i just think about electric stoves
electric refrigerators you didn't have
to wait for some kind of wagon to bring

a bunch of ice
blocks to put in your house with straw
around to keep it from melting
how do you remember that piece i was
remember that right
and um and so
politicians jumped in there said he
wrote for me i'll electrify
the tennessee valley and create
thousands of jobs they got the tv
create a thousand dollars electrifying
the tennessee valley you vote for me
we'll electrify the southwestern seven
states including california
and arizona and nevada for the hoover
dam
three thousand jobs they did i mean
everybody's excited i mean everybody got
an electric
blender electric mixer an electric stove
electric ice box i mean they
have tvs and you didn't have to grind
the patrol anymore it was electric
i mean it was wild when you think about
it changed everything
there's an unintended consequence flood
control
no more flooding no more silt to plow in
every year from what we get for that

we've got the dust bowl the great
depression because the soil was dead no
food
people were sick and depressed couldn't
work
factory shut down
all the industrialized world went into a
funk because of electricity
i'm sure old thomas has would turn over
his grade realized what his invention
had
done not because he knew that was going
to happen
but here's a case where they should have
sat down said okay what are going to be
the consequences of everything we do
here
because we so globally encompassing what
what do we expect we have to deal with
okay that's why we have fire inspectors
and buildings now
you know you make your whole building
out of tissue paper insulation
and electric wires are running through
tissue paper you're about to have a fire
that doesn't work
okay so you have to think ahead what is
your invention going to create
our doctors have a misconception
when you have abundance you have to

worry about nutritional deficiencies i
mean if everybody has a loaf of bread
you don't have to worry about
nutritional deficiencies everybody has a
tomato every day you have to worry about
nutritional deficiencies well that's not
true
how many minerals are in this wheat
field here here
here here there here there this one
you know the minerals are in veins that
look like this
well in farming we know that's true and
so we give every animal everything we
know they need to maximize the
production
why would you have 100 cows you're
feeding
and just give her hay and some grain
give them a hand grain
if you do that what's going to happen is
out of 100 cows you're feeding every
year
30 of them will have miscarriages that
have premature births
and they'll have birth defects and 30 to
100 calves
they'll be out of business next year but
they don't have insurance

so we give them for pennies a day every
nutrient we know they need all nine
essential nutrients prevent all that
and each cow has a perfect calf and they
live
to and very efficiently to either market
weight
or to reproductive age without the need
for veterinary care
that's the ideal goal we've done it
we've done an
animal so we don't have insurance
why should a cow give a cup of milk when
she has the capacity to give a gallon
mill for the same
amount of feed i gotta do the end of
items and minerals
i often wonder i don't know how many
watch olympics
and world games and things like that and
always fascinated me
we have runners like jim fix who was six
foot four
i mean he was darling in the medical
field because he said don't supplement
just exercise keep your heart to clean
i mean this guy had more records around
the world and he dropped dead at 52.
he didn't even make it
died ten years earlier than the average

athlete

i want you to appreciate who was it and

still yet today who is it

that wins most of long-distance races

like marathons

some little ethiopians

you know they're dropping dead all along

the way

why did that little guy from ethiopia

always win the marathon

that really fascinated me as a

pathologist

well here's why i put this picture

thomas edison beside this picture here

on your left

this is a satellite picture from 100

miles up

this is southern california

intercultural and pacific ocean wave

here

mexico down here you are over here salt

and sea so you know exactly where this

is at

this is a small salt lake about 1 10th

the size of the great salt lake in utah

but what i want you to see here is

that nutritional minerals do not occur

in uniform later on because here if they

current veins

like chocolate and chocolate livestream
so soy beans and sweet potatoes here and
here and here and there
and here and here and there and there
and there remember this is like 200
square miles
here and there and here and there and
here there's it they're not going to
have the same amount and variety of
minerals
again the intercultural understand we
know we have to give them everything
they need
perfectly to make their genes dna rna
and telomeres happening to give maximum
production maximum longevity maximum
health
in humans we just eat well because
that's what doctors tell us to do
they train dietitians well you want this
percentage of carbohydrates percentage
of proteins and fats what does that do
for vitamins and minerals nothing
that's why we're most obese nation in
the world we're never one
and then that make you feel warm and
fuzzy
okay just about ready to get to the
bottom line we have four slides left
after this one

i think it's worth reminding you here as
we go on to these next ones very
important
the united states part of agriculture
came out this was 2012 and said
95 percent of americans are merely
division going back 100 years to 1914
the middle of our soil over the past
hundred years
are depleted by 85 percent okay this is
then
sent documents to c4 way back in 1936
our farm salts are depleted bond meals
as a result
our foods are literally starving
nutrition medicine medicine medicine
cannot compensate for this deficiency
how many nutrients is in prozac
how many nutrients is in lipitor
how many nutrients are in digitalis
we're beginning to get the picture yeah
okay
this is the core of everything we do in
young jody this is a compost pile of
thousands and thousands of years old
there's a hundred cubic miles of this
stuff nobody else has access to this
except young jimmy we have this in
perpetuity

for as long as the earth is alive we
have this nobody else has it
a hundred cubic miles of it and these
guys are standing on a road
that is um three thousand foot elevation
above the sea level
and that 25 foot cap up here
of limestone and we know it's marine
limestone because the animal fossils and
the
fossils are from the ocean so we know
this stuff's been under the ocean for
thousands and thousands of years
it's totally pollution free has
78 minerals including all 60 essential
minerals and proper ratios
totally organic actually no pollution in
it because it's been under the ocean for
thousands of years so it's been
protected
plus it has all nine rare earths
including the six have been studied for
doubling life spans
every year including this one june 27th
we're going to give a tour we take about
10 bus loads out there 50 people and a
bus
and you see this limestone cap again you
see this
stuff here this compost this is some of

the limestone chopped off the top
we can make a pyramid for that stuff
right and
these are some of our associates and
distributors who
really appreciate this to go out there
and when you go out there you know
there's a god when you see the stuff you
know
god exists a couple of questions here
when do you put on your car before the
engine burns up or as the engine burns
up
that's kind of a digital question i'm
going to ask you to do
when you have a young couple who's
getting engaged or maybe they're kind of
running together real hot and
you know you know something's going to
happen right are they getting engaged or
getting married
instead of giving them 200 bucks to
start a household
instead of giving them a set of
monogrammed towels
instead of giving them a set of linens
to start their house give them the 90
cent solutions for both
he and her he and she right

for three months six months or a year
and then educate them say look i can't
do this forever
but i'm doing this because we know how
to prevent every birth defect you can
name in 10 times that many you
don't know about why would you want to
have a special needs child when you
prevent it
why would you want to have a baby born
with down syndrome cleft palate spina
bifida
cerebral palsy heart defects muscular
history citrus vaporosis
missing limbs too many fingers and all
that kind of stuff
why would you want that to happen was
totally unmessed with eliminating all
those birth defects in animals
including behavioral things transgenders
gay men lesbian women asexual people you
know like crazy aunt ruthie who died of
spencer at 92 never went on a date
crazy uncle frank who never went on a
date he loved him to kind of babies at
your house we went on a vacation
these sort of behavioral problems are
preventable now you can't fix them you
can't pray them back into the bottle
you kept with the genie back in the

bottle but they're preventable

it's preventable all birth defects are

preventable many of them are reversible

after babies barn

but including uh things that i call

inbar and heirs metabolism like lactose

intolerance we can make up the

difference with enzymes

it's preventable sickle cell anemia

they'll in ordinary metabolism

it's not genetic and blacks it occurs in

white people too but you can't have a

black king of white people so they call

it palestinian white people

that's how i'm funny to you palestinian

white people sickle cell and even

black people same disease but you can't

call it that because you can't have a

black gene white coat

it doesn't it doesn't fit the theory

right that's what i was running into

when i was doing all those options and

saying

i'm pulling my hair out saying

everything they're saying is not true

there's a problem here i didn't have the

name epigenetics at that point but i

knew something that's why my book's in

the smithsonian institute

because i was pointing out these
problems in 1971 that 1200 page book
everybody kind of laughed at me at that
time but as the years went by they said
oh my god while it was right
okay so um
you can prevent all this stuff
especially if you have other children
what happens when a couple has a special
needs child to have three normal kids
before that
where's all the energy and the money and
time go the special needs child
can that cause all kinds of christians
with the kids and problems i mean they
could get in real trouble
they do drugs they commit suicide they
do all kinds of weird stuff but you're
spending so much attention
on the special niche challenge now you
gotta love those special needs kids once
you have one
they don't need to have one it's not
genetic
it doesn't just happen and it is
preventable
okay to me that's the most important
thing because i became a physician so i
could treat kids with cystic fibrosis
about two or three

and so um it just got to be a bigger
project than i'd imagined
we have 800 projects in youngevity have
800
different programs
we deal with over 900 different diseases
we have a program for each one of them
i prevent them i reverse them how to
manage them better than is currently
being managed
my favorite programs are the ones that
give you all 90 cents we have about 25
of them my favorite
are the favorites is a healthy start
pack we have two versions
we have the original then we have the
2.0 which is a kind of update
uh switched out a couple of degrees
because some people were
kind of maybe allergic to shellfish and
things like
that which is in this one but they're
not in 2.0 kind of thing
so because we knew that that sort of
thing was there we made two versions of
it
they could this contains 245 nutrients
it gives you all perfect
nutrition of 90 essential nutrients

according for 100 pounds of human flesh
for a month
so you give this a 100 pound person
which is good for a month
divided in half half of those breakfast
and dinner because the 50 pound kid or
50 pound spanish media dude is 40 years
old
in each case it's the last two months
but nothing else matters except the body
weight
okay then
if this is a 200 pound purse you have to
give them two of these one full dose of
everything breakfast one closing dinner
that 400 pound pastor he had to take
four of those
a day plus the asap drops you put under
the tongue and speeds up the metabolism
and uh he was losing four pounds a day
he never had to have any surgery because
all his skin tightened up
as he lost the weight huh
and according we have miss michigan here
don't we yeah
now how long have you been on the
product here i've been on for about
three
almost four years all right and i
haven't since i've been on the product

i suffered very badly from sinus issues

every day i was waking up i had the

whole

drainage and sneezing and the whole

itching in the ear thing

every year i had colds since i've been

on the product

about two and a half weeks i haven't had

one sniffle

i haven't had one cold so almost four

years

no clothes no sniffles no sinus issues

i've been perfect

thank you guys

how are you now

thank you

[Music]

but

okay so we have 25 prepared programs

so you don't have to think about much

you just do what it says to do

they're all based on the healthy start

pack which i just showed you

don't have to take the healthy start

pack and the program this is the core

you can look you can see that the

healthy start package is the core of

each one of these things

uh why don't you use a healthy blood

sugar pack for type 2 ideas type 1
diabetes
type 2 diabetes i had one diabetes you
just reduce your medications your
doctors have taught you to do your blood
sugar drop your oil
type one diabetic you'll never be able
to totally get off of insulin you'll be
able to reduce it by 90 percent
you'll be able to cut your times a day
you need to check your blood sugar from
maybe six or eight times a day maybe
once or twice
complications go away and you'll live 30
50 years longer kind of amazing no
complication type 2 diabetes usually
within two weeks to two months
your next diabetic how long do you have
to stay in the 90s nutrients
for life because next week next year
five years from now 50 years from now
those minerals will still not be in the
soil
just have to take it forever right
relaxes like oxygen water
yeah okay why did you use a healthy
blood joint pack for well osteopenia
osteoporosis not sure tries to generate
stress bone bone arthritis
rheumatoid arthritis got to throw in

either a group of herbs that kill bugs
or
the minocycline the tetracycline
antibiotic that kills the mineral
cycling
or the student kills the mycoplasma the
bug that contributes to the cause of
rheumatoid arthritis and then there's um
um periodontalising periodontal disease
is osteoporosis in the face
why do you think little people look like
little people because they lose the bone
in their face they get receding gum they
get loose teeth
and dentists will put implants in
they'll give them dentures
you get them on the healthy bone joint
pack their teeth tighten up like you put
cement around a pencil supposed to come
come back up because the bones come back
and they look and this is why these
ladies look 25 30 years younger than
they are
because they haven't had osteoporosis of
the face
the it makes sense yeah little people
both men and women
look older as they lose the bone in
their faith people forget you don't get

osteoporosis now if your pain is just in
your legs
and your hips your ribs here vertebrae
it's everywhere including your skull and
your jaw
wow doctors never talk about that
they should be put in jail it's like
never telling you
to alluded to lubricate the the bearings
in your front wheels
they just keep burning up i don't know
why that is
and then of course there's sarcoidosis
there is fibromyalgia there's lupus same
thing healthy bone joint packing a
gluten-free diet
bone spurs kidney stones the one that i
love is when you have kidney stones the
first thing that a medical doctor will
tell you is
no calcium that's not calcium
supplements no dairy
well you should be put in jail for that
because when you have kidney stones you
have raging osteoporosis
all those kidney stones came from your
bones not from your diet
and your parathyroid glands will enlarge
oh you got to take your pair of power
glands out no they're just working

like you're working a muscle carrying
buckets of milk always cut your arms off
because you're getting big because
you're carrying butts and buckets of
milk
they should be put in jail for that they
disable you when they take your
parathyroid glands out
all you have to do is take the healthy
bone joint pack
your blood calcium which should be
between eight point five and ten point
five
milligrams per deciliter let me say 25
that freaks doctors all you got to stop
calcium
you get unhealthy bone and joint pack
within weeks it comes down to eight
because all that calcium was pulled out
of your bones by your parathyroid is
overworking
why is it they don't teach physiology in
medical schools
they spend all their time teaching them
how to send you a bill
first thing you walk in the door they
don't even ask your name how are you
going to pay
all right okay

healthy digestion pack belching burping
bloating
uh constipation diarrhea farting you
know all that stuff
reflux there is no such thing as acid
reflux
let me hurry answer as reflex one of the
failed medical theories there is no such
thing as acid reflux
you have reflux is lack of acid reflux
your stomach environment should be a ph
of one point two one point five
one being the most acid fourteen be the
most helpful and seventy in neutral
your stomach environment should be 1.2
to 1.5 very very very very acid
now to get them about three or four
moving towards neutral seven
yeast and bacteria begin to grow in
there
and when you eat carbohydrates and sugar
they begin to ferment it just like
they're making beer or wine in your
stomach
lots of gas heartburn reflux
you get your stomach acid down to 1.2
again
reflex stops immediately so
why wouldn't i want to just take
antacids well you take ant acids you

take proton pump inhibitors and stop
stomach acid production
within the next five years you're going
to have 20 new diseases you didn't have
because you won't be able to absorb any
nutrients
you need an acid environment to digest
proteins down into
amino acids because your pepsin won't
work without acid you won't be able to
absorb vitamin b12 you won't be able to
absorb minerals without it as an
environmental stomach why do people have
to go every month to get a b-12 shot by
their doctor because their doctor said
no salt
and you can't make stomach gas without
salt salt is a real material like
stomach testo remember
so you go in every month you get a b12
injection because your intrinsic factor
won't work without an acid environment
your stomach
all these are doctor-caused diseases
remember only dead doctors don't lie
how they ran a heart pack how they ran a
heart back
we're talking about all this saying here
there's five different dimensions

doctors always build for
um alzheimer's disease because they get
paid the most for alzheimer's disease
they never bill for the other four years
you guys they know you got them how do
you go for the one they're going to get
paid the most far
alternatives there's vaster dementia
where you have plenty orders in the
brain
there's course cost syndrome which is a
deficiency of a single vitamin there's
morning key course costs which is
efficient and then vitamin plus ms mixed
in with it
there's a b12 deficiency dimension then
there's the alzheimer's disease which is
the cholesterol deficiency
and then of course there's hunting's
disease heart disease
plugeric's disease and ms all those are
the brain diseases
and then there's congestive heart
failure cardiomyopathy heart disease
coronary heart disease and
thrombotic stroke and thrombotic
coronary artery disease
okay and so you take this and i would
throw in also the ultimate daily tablets
and to help support healthy blood

through

through obstructed art i would also use

this for kidney failure

also over here i throw in the

aromatherapy oil from ancient legacy

i put in peppermint oil char remember

one o'clock in the morning

pastor hunter okay from the oldest black

baptist church in fort wayne indiana

and we were talking to him for his

diabetes and his uh

problems he played basketball university

a big six foot five guy

very slim his wife was sitting next to

me and sean was sitting across from me

his wife is going

i mean every 10 seconds she's belching

and burping she's the pastor's wife so i

can't be rude to her

it's one o'clock in the morning i'm

trying to deal with his diabetes

arthritis and she's sitting there

burping and belching in my ear

and so i said uh ma'am how long have you

been uncomfortable like this

i'm biting my lips so i don't say

anything else

he said oh she's been like ever since

i've known her it really must have been

great on a date

[Laughter]

so i said have you ever tried peppermint

oil because i have to have to have some

in my pot which i have

yeah i even have it right now i have

pepperoni okay

and um

fearing for your life he's always the

doctor told her too much acid and

peppermint

oh no don't take peppermint

can smell great is that right yeah and

so

i went you know in the lobby the hotel

one o'clock in the morning got these

machines with the hot water the coffee

and the decaf

so i drew a cup of hot water put four

drops of the peppermint oil

in there and i said just smell it don't

drink it don't drink it just smell it

i'm looking at him with one eye talking

to him about his diabetes arthritis i'm

looking at her with the other eye

chameleon right she's going

and you can tell she's smelling it and

she's already starting to burp and belch

less

she couldn't resist anymore she took a

sip and i'll show you what happened
and as god is my witness charge my wish
she's there she gets up she goes
10 seconds and so we've been using this
with people with
acid reflux ever since and we have a we
have an enzyme
with stomach acid in it all ultimate
enzymes
oh my gosh you want to get rid of reflux
aka acid reflux it really should be
called lack of acid reflux
and once you know what it is nobody
should ever go to a gastroenterologist
again have an endoscopic
um instrument put down and kill you but
they can't clean them we read that
newspaper you can't clean the damn
things they kill people right left and
center
oh let's all have that done
okay got one more slide and then you
guys can uh
give them huh okay you can do your
drawing let me do one more slide here
and then after they do the drawing i'll
answer questions for 30 minutes then we
gotta run
our travels today are not yet over

remember we have programs for over 900
different diseases
that programs over 900 diseases
including prevention
and reversals but 85 of what you can run
into will be taken care of by these four
major programs it doesn't matter you
cannot hurt anybody it's not like a
pharmaceutical you give the wrong part
of school to somebody you heard them
you have two pharmaceuticals together
highly pharmacy so you can kill them
okay
in this case you can't hurt me i get
people who all they do is they tell us
that they have arthritis in their knee
we give them the healthy bone joint pack
and they come back tomorrow
my arthritis is gone but i'm just really
amazed
that my i was blind with master
generation that went away too
you have people been legally blind for
six eight ten years
and in 90 days they agreed 20 25 glasses
we do the thousands of times a month
once we learned what was going on but
they're telling us this sort of stuff
what
and one doctor called me a liar when he

said that i made a little wager with him
make a long story short
and and he brought me 27 charts the next
day
all of these people were legally black
for six eight ten years with max
regeneration
and he said he would take all 27 and pay
for the supplements
but if i failed he was going to destroy
me i said okay let's go for it
he was kind of shocked that i was that
casual about it yeah and so
he's going to pay for all the
supplements i wrote down exactly what he
had to do and i had to give him credit
he did it
as i said in 90 days he re-examined him
all all
all 27 could read 20 20 after 90 days
only two required glasses 25 didn't even
require glasses so it says this apology
i thought he could take down dinner and
stand up in the restaurant and apologize
to the human restaurant but instead he
did something better
he made me a cd called seeing as
believing told the story
yeah that's where the cd scene is

believing came from

and every year about 12 years ago and he

called me a liar in front of 300 people

and so he was a little pressurized too

right

but that could have sued him right right

away but anyway and so

better than that he made the cd for me

every year

i sell millions of or three bucks a

piece

that's a pretty good holiday isn't it

do the math okay

so heart tissue stuff bones cartilage

ligaments tendons connective tissue

discs between the vertebrae that kind of

stuff

healthy bone joint pain soft tissue

heart brain

um liver kidneys lungs

muscles even soft tissue healthy brain

and heart pack

what do you do for blood sugar problems

diabetes type 2 diabetes type 1

anxiety attacks panic attacks narcolepsy

which we can call

reactive hypoglycemia uh

a lot of times you know it'll cause

things like depression main depression

bipolar disease that kind of stuff

add adhd it'll contribute to autism

healthy blood sugar pack healthy

digestion pack

okay when you have digestive problems

this is not difficult

we're talking about some reflux

okay we're talking about constipation

diarrhea

belching burping bloating farting

heartburn

we're talking about irritable bowel

syndrome inflammatory bowel disease

we're talking about colitis ulceratives

crohn's disease get a gluten free diet

you get on the healthy

digestion pack don't have to have three

feet intestine removed

for crohn's disease we do this thousands

of times here people

even get rid of it's not an immune

disease it's a gluten intolerance

you get them on a gluten-free diet you

give them the support for the

digestive system it all goes away

sure you seen that happen judy you seen

that happen

oh yeah oh yeah no problems

andrea you've seen miracles and people

you're working with haven't you

yes sir okay now i have to tell you
i learned about the network marketing
there's only about two minutes
i learned about the network marketing
thing when i first graduated
school 1978
naturopathic medical school in portland
oregon in oregon naturopathic doctors
way back then 36 years ago
were primary care physicians and so i
was a primary care physician
and i started lecturing up and down
highway 5 and i'd get 300 new patients a
week
i couldn't handle them in my office oh
brand new doctor i
just didn't have everything but even
though i bought a practice existing
practice i
didn't have all the patients i'm getting
300 patients a week
from my lectures and so i was giving a
free lecture every tuesday night for one
hour
had these 300 people sometimes 500
people come to my lectures
because i i was going to tell them why i
was different what i was doing
differently
and what i expected from them from the

nutritional standpoint what to do with
their diets
and so i realized and it dawned on me
that suddenly now
i'm doing 400 hours worth of work in one
hour
instead of having to spend an hour with
each patient training them
i'm training 400 of them in one hour i'm
doing 400 hours worth of work in one
hour
so if i could train a whole bunch of
people to do the same thing
i'll be able to do thousands of people
per hour thousands of hours work
and so now every month i pay 250 000
pas physicians assistants
to do what i just showed you what to do
here on a bad day
through their eyes i see about two
million patients on a good day see about
five million patients through their eyes
char sees about 500 000 or so
and one lady who sees 900 000 patients
every day through
through her system of pas and through
all computers and all that kind of stuff
that's where these books come from i
mean i get so much data that we've got

three more new books coming out here in
the next couple months
to give you the information we
accumulate
so we're looking for help we're growing
we're seeing 10 000 new patients a month
now
it's like going crazy we're publicly
traded we give stock options
we give car bonuses up to a thousand
dollars a month
get a pretty nice porsche for that
mercedes whatever you want right
and um this is a willable asset
if you work for a company for 30 years
can you will your job to your kid
do you sell your job when you retire to
somebody no
but you spend a couple hours a week
doing your young judy
program and helping other people i will
pay you an obscene amount of money
yep you don't need to go to a school for
one minute we will train you for nothing
how's that
you only have to pay a whole sale for
all the products how's that
you get an auto ship you don't have to
pay shipping you save another eight
percent i'll pay the shipping if you get

an auto ship okay

okay once you guys come on up here do

your thing and then i'll answer

questions

um

[Music]

oh

thank you

is

attention please

that's the wrong number um

three two six zero seven seven

three two six zero seven seven

okay

okay

the next

three two six one two six

let's play doctor books

this is a dvd dead doctors don't lie

dvd

326 119.

doctors don't lie

three two six zero five eight

what supplements to take and why

three two six zero five three two six

zero five

three two six zero four eight three two

six

zero

three two six zero six one

wow

one more to go

oh

yeah we'll do it for about 30 minutes

and so what you do

oh good so whoever got you here tonight

make sure you sign up with them

and they'll be your kind of mental

burden and walk you through this

um how do you advertise

[Music]

how many you came from newspaper radio

raise your hand

to sneak peek okay cool truth let them

sign you up

and get you in the system they will

mentor you they'll charge you anything

they'll mention it make sure you walk

through this properly

and you get all the discounts everything

appropriate for you okay

okay good

all right yes ma'am i'm totally sold

i can't go to a doctor to get a total

examination to find out what's going on

my body

and i would assume you don't take any

more patience how do i get a proper

diagnosis and also to find out if i'm

allergic to gluten

okay very simple are you wearing makeup

right now

okay i know you're severely nearly

deficient from here

you know how i know that char why do i

know she's merely deficient white hair

no copper

okay you have copper deficiencies

no age has nothing to do with it nope

has nothing to do with wine here

uh also when you have white hair and

okay

you have white hair or you have a um

copper deficiency you also are going to

also are always going to have spider

veins varicose veins

yes we were doing this it doesn't matter

it's like big peg

and so um you're going to have varicose

veins

and hemorrhoids which are varicose veins

in a funny place right

and then you'll also get aneurysms you

get a breakdown of the elastic fibers

and walls of your arteries and veins

yeah you can die suddenly from an

aneurysm up here aneurysm down here

i'm there now you already have an

aneurysm and they're worried about
in here okay have one see i'm
now also gluten intolerance causes
common things did you have asthma as a
kid
you have bronchitis you have children no
do you have um brothers and sisters no
you're an only child
um does your mother have any respiratory
problems i have no idea we never could
afford to go to a doctor
well you could tell she couldn't
think she had any of breathe problems
okay have you had any bowel problems
constipation diarrhea
cobalt syndrome you have your appendix
out yes oh
i'm going to tell you all this in a
second give me a second i'm educating
100 people here
see you're you're you're the light
that's getting
educational if this is worth what i
missed this is going to take
the thing that gives away gluten
intolerance without tests because the
test is a biopsy or intestine you don't
want that
there's risk involved but if you have
celiac disease you have appendicitis

diverticulitis your bowel syndrome

inflammatory bowel disease cold asphalt

crohn's disease

you have eczema dermatitis psoriasis

rosacea

if you have a history of 6 8 10 12

diseases

they're all deficient yeah well you have

a bunch of them

because you already told me you have

aneurysm you have uh things

like yeah you have a coronary artery

problem right

you already have um varicose veins you

have hemorrhoids

right

this is all reversible by supplementing

properly take the healthy

brain and heart pack and all goes away

and within months your hair color will

become

coming back and always comes back here

i've actually had people say i line my

gray hair

i'll go ahead and die

there's more to come back which means

you're repairing all those bad sort of

problems

okay now the book is going to give you

what you want to know what you do what
you answer what do i do for a diagnosis
i don't want to go to doctor
number one you can actually call a nurse
practitioner and talk right now but as
opposed to a doctor
i would do that um but what you want to
do is get ahold of that book let's play
doctor
and look in and i believe it's chapter
seven it's a home laboratory chapter
it'll tell you how to go to your
pharmacy without a prescription and all
the same test scripts your doctor will
use in his office for a two thousand
dollar physical
you have the same test strips for blood
tests why would you want on your
permanent record did you have
pre-diabetes or metabolic syndrome or
type of ideas
you're not going to get promotions your
insurance goes up
and everybody's gonna look at you a
little bit funny because you already
have this genetic disease it's not
genetic but they think it's your next
disease right
when you you do that yourself you don't
need to go to doctor for a diagnosed

diabetes you stick yourself in the
finger
you're on the test against the rainbow
in the bottom of the machine to read it
it'll tell you if your blusher is above
100 or not you can do your own 600 blood
glucose power steps to see if you have
reactive
hypoglycemia narcolepsy okay
if you have pain in your knee the eyes
already have arthritis you need to have
a doctor say oh you have a
it doesn't matter it's in your thumb it
doesn't matter from your wrist your
elbow your neck
okay the one i love are things like um
i've never heard of atrial fibrillation
yeah
major tribulation is what's called a
peripheral neuropathy it's not a heart
disease at all
atrial fibrillation where you get
palpitations of your heart you might
even get
tachycardia rapid heart rate uh the the
part where it happens in your
ventricular you get ventricular
tachycardia
it's not a heart problem and doctors

want to put in pacemakers
and they'll put in defibrillators it's
not going to work because it's not a
hard cause it's a back problem what
happens is
when you get degenerative disc disease
the disc get thicker the vertebrae get
closer again they smash the roots of the
spinal nerves
coming out from between thoracic
vertebrae one two three and four
and those spinal nerves control the
right rhythm of your heart they're
getting pinched because the vertebrae
getting closer and closer together
the doctor says oh you got afib man i
got to give you all these blood thinners
because you're going to get
you're going to get a blood clot no if
you get a blood clot you're going to
make it through essentially
deficiency okay and so
um what you want to do is avoid the next
step of course which is ablation want to
kill a portion of your heart
to see if they can find the places
running them up so you can slow down
your heart
that's not going to work but it's not a
heart problem it's a back problem next

they do what's called a retrovirus where
the electrocution is death
and hope to reboot your heart rhythm
that's not going to work because it's
not a heart problem it's a back problem
the next thing on the list is heart
transplant altogether you're going to
get 500 000
for heart procedures that's not a heart
problem it's a back problem
same thing with irritable bladder
syndrome where you incontinent you pee
on yourself you get urgency you can't
empty your bladder
i got many women in particular call me
all the time say i've had
uti's urinary tract infections for 25
years i've been on antibiotics every day
for 25 years
well first thing we need to do is fire
your doctor he's either very stupid
should have his license taken away from
him
or he's a criminal and he's milking like
an atm machine one or the other both
okay because you have a lower back
problem don't you well yeah how'd you
know that
i've had spinal surgery i was paralyzed

from the knees down
and they didn't have surgery with the of
course they did
but they didn't need to do surgery you
lucked out and survived
well my legs didn't work i know but
you're not listening to me okay
that's called a peripheral neuropathy
what was happening well you had spinal
stenosis or you had something that
nature which was squeezing
either the spinal cord and or the spine
or your lumbar area which caused your
legs to be paralyzed
what they do is they chop certain
amounts of bone out to take the pressure
off the nerves or the neck or
the lumbar area yeah and so now your
legs work
that's not a miracle that's just kind of
like roto-rooting the roots out of a
sewer whether it's when they're plugged
you know they're plugged with tree roots
and then your flood your bathtub
okay and so it's just a mechanical
treatment
they really didn't solve the problem
okay because the problem is really have
osteoporosis
you had that kind of problem going on

performance

okay now another one i love is when

women wake up at night six times to go

to the bathroom take a pee now you have

that mountain

well i guarantee it's not a prostate

problem

with most doctors the first thing oh you

got somebody to wake up and i take a

peek at the prostate i'm a girl

oh um let me think about that

they don't even think about a peripheral

neuropathy squeezing the nerves to

control the bladder

okay so you still have some problems

because you still have the problem right

you still have back problems so your

perfect candidate for

the healthy bone joint pack what do you

weigh probably about 180 now

okay so you need two healthy bone joint

packs per month we'll go through

everything twice a day

then immediately i want you to take in

each case you get a jar of what we call

sam cream which is an analgesic a pain

reliever

an anti-inflammatory cream i want you to

get from our ancient legacy division

what we call

trauma oil put six drops of the trauma

oil and a teaspoon of that stamp cream

put that on your lumbar area

particularly when you had the surgery

okay put on your neck okay but put on

your lumbar area also

right down the middle and just on either

side oftentimes that will give you

enough

symptomatic relief that you won't be

waking up in the middle of the night

because it will relieve the inflammation

around the roots of those nerves

i take it four to six months and i can

legally say to support and promote

maintenance repair cartilage ligament

tendons connective tissue discs between

the vertebrae

bone breaks bone itself and it'll

permanently go away

okay we avoid surgery millions of times

a year

because you see you still have a lot of

the problems even though your legs are

working which is very very good

but there's also risk of danger

don't you think about about it yeah i

want you to think about joan rivers

her voice was changing and so she went

into a storefront clinic in california

a storefront clinic and put under

general anesthesia

oh they forgot to turn on the oxygen

she's brain dead and she died at age 81.

okay no smoking no they'll need that

okay good okay so you get the idea call

me every two weeks

joint pack one per hundred pounds of

body weight so if you weigh

three then take one for each hundred

pounds of body weight

that'll be 15 to 20 blue gel a day five

breakfast lunch dinner bedtime

right now what

now charmaine what do you weigh

stand up i can't hear you what are you

waiting for

okay so how much honey glucose do you

take a day

12. you're taking three and she's taking

12.

she weighs 110 pounds but i have to tell

you my doctor

a maid yet she's now a distributor

get two bottles of asap put a dropper

full out of your tongue 30 minutes

before your meal a second drop or pull

under your tongue 15 minutes for each

meal
that absorbs your oral tissues don't
swallow won't hurt you if you swallow it
but you'll get the best result and
within a couple of days you'll start
losing a half a pound to two pounds a
day made in four pounds a day
is that on our products yes let's give
her a handful
yeah and so yeah what you want to do
there's two ways you can do it not like
there's actually three ways it's called
what i like the what we call killer body
the guy in his size
is him is his rheumatoid arthritis oh
you
okay well you would need you'd need 12
for the kilobiotics a day for breakfast
and there will be three bottles a month
of the killer bodies a blend of eight
herbs
that support your immune system plus two
of them actually have anti-microbial
properties and kill bugs
bacteria including mycoplasma right
and then of course there's minocycline
which is a tetracycline
category antibiotic which will kill the
bug also some people like to do both
they like to do the

minocycline and the killer body so those
are your choices right
and um i am licensed in california
i really should see patients like
yourself white rice prescription vehicle
you can go to some
nurse practitioner right you have a
prescription for middle cycling because
it's actually in the merck manual
okay to take uh cycling or
michael plan hello
i've been trying i've been trying to get
you the attention from the beginning
i've been trying to talk to you for a
lot of years okay go ahead
i want to sit down i haven't got your
book because i had to go through my
books okay
so i i was a american longevity um
a long time ago yeah and i was taking
the orange
the orange 90 essentials started getting
kidney stones
doctors taking me off that all that
because you know you can't have all the
orange not
i have kidney stones out every two weeks
i just had a five millimeter come out
this morning

and with a whole bunch behind it and
just kill them are you ready to stop
yeah okay now are you wearing makeup
no are your cheeks always pink like that
um maybe i was a little uh terrifying
are you in his way yeah yeah is it are
his cheeks always kind of pink
yeah not what i'm asking you
are his cheeks always kind of pink yeah
okay he's got rosacea
oh okay i can see it from here you have
rosacea this means you have gluten
intolerance
you must be gluten free because if you
have a gluten intolerance
you're only absorbing 10 to 15 percent
of what you take in
that's why you're having a problem you
must be
like he's got to be gluten-free the dog
the cat the bird and the fish because
most dog foods and cat food food fish
food
especially the dry foods have grains in
them which are gluten
everybody in the house including the dog
in the cat and the bird and the fish
spouse mother-in-law everybody's got to
be gluten-free
otherwise you're not gluten-free what do

you do for a living don't tell me you're
working panera bread
you do what door-to-door sales i'm not
watching what do you sell um
construction stuff okay so you're not
working with bread and dough and all
kinds of stuff
but i wouldn't go out here in india
okay paperwork okay so you got to get
the gluten out of the house
okay so that's that's a problem all
along
the essentials well it doesn't matter if
you're not absorbing it yeah
okay so
okay so i want you to take two i held
the of heart packs per month
okay i want you to take um an extra
bottle of osteo so you can take three
ounces a day of the outside ounce of
breakfast lunch and dinner
and then i want you to get to two large
bottles of glucose you can take 15 of
those a day private breakfast five at
lunch five and dinner
okay but you gotta get drop dead
gluten-free everything you have in the
house now
don't just say well we'll use it up give

it to a church get a tax deduction get
it out tonight bag it up tonight
every grocery store has a gluten-free
aisle we have gluten-free meals
in our go foods division which have a
25-year shelf life
and so i would be getting some of those
things that you have around in case
there's a breakdown in the grid
all pasta all that stuff anything made
from wheat broth around
there is no such thing as gluten-free
oats
the gluten in oat an oatmeal is called
glyadine but it's still you know gluten
by any other name still gluten
can't have oats wheat broth right that
means beer
scotch bourbon rye whiskey
okay milkshake milkshakes are okay but
milk malted milks are not
where they make malted milk from malted
rye
i haven't been drinking milk it doesn't
matter i'm educating a whole room full
of people
i don't care if you don't breathe i'm
educating people
and so i'm not answering your question
i'm answering your question for all of

us now

okay so cool your jets okay so if you're

not doing something that i'm saying

be worried about then you don't have to

worry about it because you're already

not doing it right

so now this is for life this is not

until you just feel good all of this

for the rest of your life now do any

brothers and sisters

you got to tell them because they're

gluten intolerant too

and the girls your sisters and your girl

cousins from your mom's side

are all passing this on to their kids

and so you have to warn you got to have

a family meeting whether it's on the

phone

a telephone conference with everybody so

you only have to do it once

if you do not do this i would give them

all a present for the birthdays of

christmas

it's called

serial killers which tells you all these

hidden places you find gluten how do you

think cracker barrel

and denny's holds their meat loaf of

meatballs together

wheat flour okay

how do they thicken gravy wheat flour

how does denny's and ihop fluff up their

omelets

and their scrambled eggs oh i just read

their menu

they tell you they put a pancake batter

and um waffle batter and their mop

and their um omelets and their scrambled

eggs to fluff them up

so you're not just getting eggs a lot of

those places when you go to buffets

it'll be 60 oil so they look like

scrambled eggs but they're 60

oil 20 dried egg powder and 20 wheat

flour

when you go to one of those places these

beautiful good tasting scrambled eggs

are all fluffed up say okay

these eggs come from a carton or a

plastic bag or they are these cracked

eggs is there crack case i want to say

the shells

you have to be that obsessive otherwise

you will kill yourself okay

so what about like soy flour and all

that i don't give a rash tale about soy

flour it has nothing to do with

all the stuff down too it doesn't matter

no it doesn't matter if you're not

allergic to salt it doesn't matter
your electric soil don't eat it so i
won't hurt you if you're not allergic to
it
yes i canceled surgery yesterday
congratulations give her a hand push
i can when the doctor said
he sent me to imaging and have another
ultrasound
and i said what is this what do you need
it or i can see it
he didn't have a beer with his other
buddy and say how do i talk this woman
into this i need a mercedes payment
okay so yeah and so i actually have
pictures of a gal
who had um veins like you have only they
were like two inches in diameter like a
garden hose
my arteries are very very small but yeah
yours are clogged but i'm talking about
the veins which i can see from here
okay yeah those are all those purpley
things that look like
roadmap
[Laughter]
well if you want people to see them wear
long pants
okay so in three months time we take

these varicose veins that are two inches
in diameter down to
less than the size of a
lead and a lead pencil less than a
millimeter two in diameter
okay you've had your chance now you got
to be quiet
okay so i know but you also have
varicose veins
they're not popping
please don't battle with me i'm getting
a million dollars worth of free advice
i'm gonna have to start charging people
that ask me too many questions
okay yeah there has to be pain for
breaking the rules
okay all right so what i want you to do
what do you weigh
about thirty okay i want you to take one
healthy brain and heart pack per month
get an extra bottle of sleep because i
want you to take six a day three
breakfast three dinner for this land
uh half a dose of everything else twice
a day then i want you to take
what we call ultimate daily tablets okay
i want you to take three of those fights
maybe one bottle a month
okay that's to support promoting healthy
bachelor health and so on

also including the arteries also because
see if that's happening in your leg
guess what it's happening in your neck
it's happening
your heart is happening in your eyes and
having your brain it's not just having
your blade but you notice
with all this masterpan what's the color
of her hair
it doesn't matter it has nothing to do
with age
i see kids who are 10 years old with
hair wider than yours
they're as white as you know their hair
is as white as
sheets but in six months time it goes
back to their normal color but i love my
white hair
it's going to change because when it
changes that means the arteries are
opening up
in addition to the hgh excuse in
addition to the ultimate daily tablets
three twice days one bottom up i also
want you to get two bottles of hgh
hh three letters harry george harry hgh
two thousand a month one should take six
of those at breakfast and six of dinner
time

it'll take a little while to do that but
they're little castles so it's kind of
easy
and take it with food rather than water
if you take it with water to be this big
with water right to slosh around
but every castle you take just with a
half a teaspoon of some food and swallow
the food and the capsule together it
won't get all
filled over water the purpose of this is
of course
to for your lining of your arteries to
make nitric
oxide which do what balance your
arteries
yep it's kind of like using um
things when you have you're having chest
pain use nitroglycerin
actually releases nitric oxide in your
arteries
this does the same thing without
prescription okay
now you have to stop the ongoing damage
which means you have to change
everything you've been doing because of
what you've been doing they got you in
trouble
no fried foods
i don't care i don't care people say

yeah i i'm careful where the land mines
i walk between them
you're dead no fried food no processed
meats with nitrates nitrites
no jelly slices no sandwich meats with
sausage ham bacon blowing islamic
pepperoni jerky no oils no olive oil
coconut oil margarine and many salad
dressings they're giving me that look
okay which means no oils because they
oxidize
turn into trans fatty acids heterozygous
greens acrylamides
which inflame your arteries and your
veins and clog your arteries and veins
no oils i just love my italian
virgin virgin virgin virgin virgin
virgin virgin virgin virgin
olive oil
he's going to kill you here don't do it
anymore then actually
drop dead no gluten in the household you
your spouse dog cat mother-in-law
sister renter anybody in the household's
got to be gluten-free
otherwise you're not gluten-free you
have to absorb these nutrients from the
work okay
okay got time for two more oh you

already had a question for her

are you together

yes ma'am my son is 25 years old and

he's been diagnosed with

lyme disease just

within the last month but he's had the

symptoms of it for like two years

he started with hair loss and it started

with

losing weight and sleep problems and

joint pain

and he finally went to a doctor and they

did the test for lyme disease and they

said

he has it and so he had the test redone

and they have never been to the rocky

mountains or up in the minnesota you

know

he did work in uh he worked down in

brazil for a while and he was

in argentina okay well he doesn't have

lyman's disease

now let me ask you a couple more

questions here do you ever have asthma

or bronchitis

no did you ever have bowel problems

constipation diarrhea complaints

if you didn't

did you breastfeed him yes okay are you

wearing makeup

yes okay uh do you have any skin pumps

eczema dermatitis for us as a rosacea

i don't think so okay no okay

no respiratory problems i have sinusitis

once in a while okay what about asthma

bronchitis

no i have a food allergy okay

um let's see here you have any brothers

and sisters yeah

any of them have any asthma no they

don't have bowel problems you know

panics out i don't think oh you know

that you know that

um did they any of them have skin

problems no

their sisters didn't ever complain about

skin tone nobody had rough skin in the

back of their arms

no your son has gluten intolerance

that means you have it because you gave

it to him okay

men get it but they can't pass it on

because they don't have pregnancy

disease i can make that happen if you

want but

okay

yeah you're the pen clicker

he's six foot five

on two healthy brain and heart packs per

month

two hundred random heart packs a month

and then

um i want him to get on the um

immortalium two of those twice it has

one bottle month and that's to get stem

cells going

right to rebuild stuff i also want him

to get two bottles of gluten gel two

large bowels of glucogen

that's to support promote major repair

cartilage ligament tendons connective

tissue discs between the vertebrae bone

make sure bone itself

and um let's see here

lastly i wanted to have the d stress

capsules three of those five days two

bottles a month

and i want you to call me every two

weeks and tell them what's his name

max okay i want you to tell me every two

weeks how his energy's doing how his

pain his knees and all that kind of

stuff's doing right

now um the reason why i say doesn't have

lyme disease

is because lyme disease is curable in

two weeks

yes it's terrible in two weeks i get

people telling me i've had chronic lyme

disease really probably
that my antennae go up and they say
chronic lyme disease how long have you
had it
oh for 25 years i've been on anybody for
25 years well your doctor needs to go to
jail no but he never did the antibiotics
i don't care he doesn't have lyme
disease
you know people get um antibodies
against tuberculosis when they get
exposed to it
they get tested for um they do a blood
test to do a skin test
to see if they have tuberculosis it's
going to be a food worker or something
like that
and they'll have antibodies but they'll
have a negative tb test
because they're exposed 25 years ago he
may have been exposed when he was in
brazil or something like that
but lyme disease i mean you get a fever
to push in bed and you're near death
and all that kind of stuff is not like
you have a little pain in your knees you
got some rashes and things like that
okay so these people that have lyme
disease for 25 years

they've been through the antibiotics
every day for 25 years they don't have
lyme's disease
they have gluten intolerance but doctors
don't think of gluten intolerance they
do they don't want to be gluten
intolerant because
there's a code in the insurance fund but
for lyme disease
all they got to do is write lyme's
disease code number and doctor and the
insurance pays them
okay now once you understand that you
say oh my god
so do this for 90 days and he'll be a
new man now let me give you a phone
number again
and because i'm not gonna be able to do
any more because we got to do an hour
and a half drive to get to our hotel
here we got an early morning tomorrow
we need to leave the next three minutes
um
so there's two toll-free numbers i want
to give you one of them
runs from noon to one every day monday
through friday
can do it for 23 years the second one
which is a different number will run
from one to two

every day monday through friday the
first one that runs from noon to one is
triple eight
three seven nine two five five two
that's triplet
at eight eight eight three seven nine
two five five two
the second one which runs from one to
two in the afternoon
every day monday through friday is also
toll-free
877-912-7529-877-912-7529 great job
and his crew they've done
let's give them a hand
[Applause]
don't you think about this how many paid
the admission fee to get in here
you see we gave you a million dollars
worth of free
and at the very least you become what we
call a preferred customer's wholesale
you never have to pay the retail prices
and if you get three other people going
on the basic program the healthy start
pack every month
yours will be free every month is that
cool
now also there's different levels to
come in as an associate or distributor

they can tell you about this stuff
and you never pay a little bit of money
ranging from 25
all the way up to 500. you don't have to
do any of those things right now you can
become a free
preferred customer or you can start
anywhere you want you can do the you
know the higher price ones later on
get the stock options and car bonuses
and so um when you when you pay 500
you get more than 500 for the product of
your choice
okay so it's not like you're giving us
500 bucks one time you're getting 500
bucks one time but if you're
getting all these bonuses and all kinds
of stuff and people you're
um paying for more than 500 products
this morning so you can look around see
what you want
now we're looking for help and i realize
that probably 85
of the people who work with me are
customers right essentially they're my
patients would you please
they really aren't interested in helping
anybody else they're really not
interested in pain they just want to
be well and feel good and have a good

life which is okay that
makes me happy that that happens but i
need help
i'm willing to pay obscene amounts of
money give away a lot of free product to
make it happen
and so if you're prepared to spend a
couple hours a week
have free training to be involved
help other people and you get an income
stream plus
tax benefits remember you don't get any
tax benefits whatsoever as an employee
but when you have your own little
business starting even at the bottom
level 25 bucks one time you get more
than you get about 50 bucks worth of
stuff
show you how to run your business all
kinds of things um
you you will get the same tax breaks the
warren buffett
and bill gates and donald trump and all
the billionaires get
now if you're working condition doing
the youngevity thing
you get withholdings don't you the
government or your boss
holds money to give the government at

the end of the year

it's called withholding taxes now if you

have

tax breaks now let's see here

how far did you come from andrea

lancaster

which is how far we drive um

okay so total hours 28 hours here 25

hours there

okay and so you're looking at what maybe

250 miles maybe each way

at 52 cents a mile you have to deduct

that you get any deduct your space your

home for your home office

okay let's say you're you know you're

able to deduct a

100

because if nothing else he gets a tax

deduction which he gets his money back

from the other businesses

he doesn't care he's got 50 businesses

he doesn't care if he loses money in 25

it makes money in 25 000 if you only

have one job and they laid you off

bam you're dead

okay so god bless you welcome to the um

[Applause]

you

today on living by faith you have six

seven eight ten diseases you see people

like this all the time yes sir
my mother had uh parkinson's cancer
diabetes arthritis high blood pressure
and these are all nutritional deficiency
diseases and it comes down to two things
the nutrients
that are required to prevent and cure
these diseases are no longer found in
our food
so you have to supplement to get rid of
them
[Music]
is
[Music]
well welcome to another broadcast of
living by faith and i got to tell you
this is probably one of the most
important
broadcasts that you would ever want to
pay attention to
because if you don't begin to pay
attention
to this particular subject of this
broadcast
you may not be around very long to see
a lot of other broadcasts because this
is
about your health it's about your health
and if anyone knows the importance of a

healthy lifestyle
and having healthy practices
is this guy here some of you
have already heard you've
been aware of the fact that i went
through a very tumultuous
time health-wise about two and a half
years ago
and thank god that
we have this healing plan in the
covenant that god has
established with us and then we have
men of god who are called to help us
with
healthy practices so that we can have
great lives
you know he was wounded for our
transgressions and bruised for our
iniquities
but there's a role that we have
in this whole healing plan and i have
one of the body of christ's
best right here in
my presence and i'm honored to introduce
dr joel wallick he is one of the leaders
in the knowing the importance of
maintaining a healthy lifestyle let me
welcome him
at this time dr wallach my pleasure sir
well thank you so much pastor mike

pleasure and thank you so much for the
kind words
yes sir uh quite deserving
i um i want to firstly
make sure people are calling their
friends and their family members
those who they are concerned about
having a healthy life to our broadcast
so
get your friends and family members and
co-workers all the people you want to
see live a long time that's
the group you want to call now now the
bible says
if you have an ought against someone go
to them
and let them know that you haven't ought
the ought
that i have had against you you've taken
too long to be in this chair to talk to
me
so i'm letting you know today that i'm
just thrilled to have you
here and it's taking a while but
but we made it well i appreciate you
taking so much time out of your busy
schedule and
making this happen uh i've watched you
on

many different ministries benny han
creflo dollar there's there's so many
and i said why won't this guy come and
see me but nevertheless you're here now
let's talk about the importance of a
healthy lifestyle
uh just give me a little background of
yourself
how did you get started when did the
lord call you to this area of ministry
uh okay um well i actually started when
i was four years old
wow true calling really yes sir
and uh when i was four years old i began
to get symptoms of what today would be
called tourette syndrome as part of the
add adhd hyperactivity autism
complex yes sir um but back then they
were all kind of lumped into one thing
it was called hyperactivity and
everybody knew it was caused by red food
dye in the food right
and started getting facial cramps and
ticks and oinking like a pig and
and everybody in church is possessed by
the devil right i'm only four years old
yeah yeah and my mom and dad took me to
20 different doctors over a period of
five years come on by the time i was
nine i was very disabled

um because i i couldn't read and that
sort of thing so just barely making it
through school i think they were just
passing me so
they wouldn't have a big like in another
class all the time oh wow just pass me
off yes sir
and after the 20th doctor i'm saying to
myself well
it doesn't look like any of these people
can help me so the next day when
everybody
uh else in school went to lunch i went
to the library
so i went to the library and said look i
can't remember nine years old yes sir
okay you're going to know i was being
guided yeah absolutely
and so i went to the library and said
look i can't read but i need to have a
book i can look at pictures
it's simple words and it needs to be a
health book and the librarians well
there's some nurses handbooks in the
back there so i went a little paperback
that was perfect
and the last doctor had said that my
eyelashes were too long they were
ticking

tickling my eyeballs that was causing
all this i'm only nine years old and
i know that couldn't be right and so um
you're nine years old and you're saying
but this
said couldn't be right then do you
believe that was by the spirit of god or
how does a nine-year-old
that's i say that all the time in my
presentation there's no way that a
nine-year-old figures this out by
themselves yes sir it had to be
driven and guided by the hand of god
only could do that
i have no qualms i have no questions i
know that's what happened
and i started looking under eyelids and
eyelashes to see
and i couldn't find anything so i just
started going through the a's and the
b's i got to the c's and i said cramps
oh maybe this is a cramp because
football players are always talking
about cramps
what are the pages said to go to and
it says caused by calcium deficiency
well that lit up a light in me because
before the bus would pick me up in the
morning to take me to school
i had farm chores to do them one of

which was to feed the calves
out of this big paper bag of alfalfa
pellets with corn and soy beans and
vitamins and minerals in it
and i could read the the analysis tag
and said i remember it had calcium in it
and so that day after school bus let me
know if i just ran right to the bar and
started eating handfuls of these little
come on yeah tastes like sawdust for
them yeah yeah yeah yeah certainly
and i filled my pockets with it the next
day for breakfast i threw the cheerios
out into the
front yard with the chickens i'm filling
my cereal bowl with these alfalfa
pellets
for the calves putting milk now what are
your parents saying at this time about
my mom
snatches away from me she said that's
animal food you can't be eating that
okay my dad took it away from her he
says look nothing else has worked for
five years let's let him try it
wow so he gives it back to me the third
day pastor i was cured
after five years of getting worse and
worse worse being totally disabled in

three days i was perfectly cured
come on now the story gets better talk
to me
after a couple of weeks in church people
are noticing that i'm not oinking like a
pig and having my facial
tics and kind of thing and flailing my
arms around and disrupting everything
you know what was life like that well i
was very as a kid
because everybody's everybody was they
avoided me yeah
and teasing you and well then when there
was a group of them they would tease me
one of them by themselves they wouldn't
want to be around me because
they knew i was possessed by the devil
yeah so after a couple of weeks people
are whispering and pointing to me in the
church
because they noticed that i've changed
yeah nobody said anything to them
but they're noticing after the third
week this lady in her 80s comes to me
and says i have diabetes can you help me
now that frightened me i said i'm a kid
i'm a kid i don't know what to do i
don't know you're still
nine mm-hmm it was only a couple of
weeks later

and so i began to read up on diabetes
and so on
and of course i wanted to know more
about
all this healing i was reading about and
being taught in sunday school in the
bible and so
uh when i went to college my first thing
i did was go to
agricultural school okay so i went to i
just want to be a scientific farmer
go back to being a scientific farmer
halfway through ag school
i applied for veterinary school got
accepted so the last two years of ag
school i took the first two years of
veterinary school finished
ag school and i had to do the rotc
because the vietnam war was on
university of missouri so when i
finished actually i also graduated as an
officer and gentleman in the u.s army
how about that
and then i finished my very work but i
also started taking pathology courses
looking at diseases
interested in diseases and all of this
you believe
it's a part of the leading of holy

spirit that's correct
we we we got to stop right there we're
going to come right back
and continue this this
interesting and fascinating testimony i
want you to know that this is an
opportunity for you to receive
information that's going to cause your
life to be
transformed health-wise you get your
soul right you get your body right your
spirit is already in the place
we're going to be right back to hear the
rest
of this awesome testimony and then talk
about some of dr walters products
you can actually avoid reverse prevent
all chronic degenerative diseases none
of them are genetic
and we've we've used this system in
animals we've been able to reverse these
diseases and animals every disease you
can name we've been able to do it
and for 36 years i've been employing
these principles in my human patients
it works every time it'll work for you
too my wife
had struggled for quite a few years i
had
chronic fatigue i had arthritis i had

corporal tunnel i could not go up and
down stairs without grabbing the rail
and walking up each foot on each step to
get up
we heard about dr wallach we went to his
first meeting
and it's been uphill ever since i can
run up and down the stairs now
my younger sister her help was worse
than mine her legs would go out on her
she'd just be down on the floor doctors
had told her it's
hereditary there's nothing we can do for
you and eventually you will be in a
wheelchair
she had severe fibromyalgia
ringing in the ears and asthma and she
would spend most of her day
sitting on the couch she was wishing
that she could die
and praying that she would and within a
month of having absolutely
wonderful results her legs have never
gone out on her
once she has not had an asthma attack
the ringing in their ears is
almost gone not quite completely but she
does no longer has fibromyalgia
and she's energetic and going like i am

we've had the opportunity to introduce
over 300 people
and we've seen amazing results from
different people with almost
everything you can imagine we have two
people in our group who've
completely gotten off from their
diabetes medicine
and having better results than when they
were on the prescription drugs
i'm a firm believer in dr wally i love
what he's
done and is doing for people
[Music]
hi i'm dr joel wallick and i'm going to
give you the truth about nutrition
what i would like you to do is give me
90 days to show what the 90 essential
nutrients can do
for your health for more information on
this topic and more
go to truthaboutnutrition.com
hi we're back and thank you for watching
let's let's go right back
into where you were share share continue
okay pastor mike um i was finishing up
veterinary school and i started taking
pathology courses because i kind of
liked you could always find the answer
what killed people

yeah and what killed animals and so i
was doing that
and i ran into the fast uh i ran into
the first mass die-off
in america from pollution and
got it written up i'm only 21 years old
i'm a graduate student got written up
published
and i gave copies to important people in
the university into marlon perkins
milled mutual
kingdom show and
when i graduated perkins i had worked
for him as a kid
little kid he sent me to africa to work
on the white rhino conservation project
in the african elephant conservation
project
okay and then two years into that he
sends me a letter said look i just got
this big grant to study pollution
as a cause of death in people because
it's back in the mid 60s when everybody
knew the earth was going to end in two
weeks from pollution
and so i need to have you come back and
be the pathologist on this project make
a long story short it was a 12-year
project

like 25 million dollars which is a lot
of money for a 24-year-old kid
oh absolutely and um
to make a long story short did 20 000
autopsies 17 000 some change of over 454
species of animals
and then 3 000 humans and looking for
pollution as a cause of death
in these zoo animals and people because
the people were getting the same food
supply of the animals were from the
wholesalers to the grocery stores from
the wholesalers to the zoos
okay and again to make a long story
short what i found was pollution had
nothing to do with causes of death in
the zoo animals or humans
it was all nutritional deficiencies all
nutritional deficiencies caused heart
disease and diabetes and
arthritis and alzheimer's disease and so
on
and i knew how to prevent these and cure
them
and the book that came out with 1200
pages which was my thesis for my
post-doc which is my
phd essentially yes sir it's in the
smithsonian institute as a national
treasure

because i found out the cause of all
these diseases were not genetic
we're not autoimmune even sickle cell
anemia and that got
andy young from the civil rights
movement all excited about it
because i can prevent i can prevent
sickle cell anemia even everybody in the
whole family's got it the next babies
won't have it
and i can actually deal with it much
more efficiently than with drugs
using nutrition my god i've been finding
type 2 diabetes in crocodiles now how
does a crocodile get a human genetic
disease so it all turns out was just all
simple nutritional
formulas and this began to be the basis
of me
following what god started when i was
five years old
to treat people with his stuff
the food and the lifestyle yes sir so
that and
the bible always rails against pharmakia
right
yeah absolutely and so i began to do
this
and i'm finding cures for diseases are

said to be genetic in kids
i'm finding cures for diseases they're
said to be
genetic in the black community like high
blood pressure obesity
yes sir congestive heart failure
alzheimer's disease these are all simple
diseases i can totally prevent
in reverse just for nutrition totally
prevent
and reverse and reverse i can make your
church family disease free in six months
or less
come on using his
methods i love it
now now when let me let me take you back
it
leaves you speechless yeah right
it does and i'm sure all of our viewers
are watching and saying
and wondering how and where has this man
been well it comes down to again after
those 20
000 autopsies the bottom line of what i
learned was that every vertebrate
whether you're a crocodile or a turtle
or a fish or a human being or a rat or a
flamingo or an elephant or giraffe
all vertebrates require the same basic
nutrients if you're missing any with

them you get diseases
and the same deficiency in a crocodile
will give you the same deficiency in a
human
same disease nobody's ever seen that
before because
say an expert one particular disease
they might do an autopsy on 500 white
rats
okay or 50 dogs nobody's ever done
454 species of animals in one project
plus humans and so i know that had to be
a god thing because
no man could put that together now now
back up for a moment because when you
are
four this happens okay
nine you begin to eat
the animal food the animal food
all this is is connecting to your
purpose
and what god had that's right he was
training me training you
through this process that's correct and
then you are
given grant you're given these
opportunities to create
all of these studies yes sir and
and then you come to find out

with the relationship that you have with
the lord and the relationship that you
have
with plant-based eating food
you you now have discovered how to
totally
eradicate in someone like me high blood
pressure
diabetes well i don't have those things
but an african american man okay it's
not uncommon
for any human being regardless of race
to have six seven eight ten diseases you
see
people like this all the time my mother
had
parkinson's cancer diabetes
arthritis high blood pressure and these
are all nutritional deficiency diseases
and it comes down to two things the
nutrients that
are required to prevent and cure these
diseases are no longer found in our food
so you have to supplement to get rid of
them so what is all of this medication
doing that she
was prescribed and taking
with the exception of antibiotics which
can cure syphilis
and lyme disease and bacterial pneumonia

okay prescription drugs the only one
that cures anything is antibiotics
all other prescription drugs pastor
are designed to relieve symptoms and
people are very grateful i was in such
pain for years
i take this new painkiller these opioids
and
no more pain but the disease keeps
getting worse
and five or ten years later they die
because
because prescriptions are only treating
the symptoms not the disease
absolutely so the things that
you have given me are are now
and i can i can tell a significant
difference
in my life pressure's good no
diabetes none of the above
uh the same things that my mother
and father well my father didn't have
the parkinson
but they were that when i went to the
doctor
he was saying well if your mother has
this and your father has this
uh i i might as well get prepare you
right bill this is a false series

there's been thousands of false theories
every century going back to the days of
christ
okay with the sorcerers and the and the
physicians of the day and so forth
and the 20th century pastor in the 21st
century no different they have all these
false theories when they don't know
something they blame it on
they blame it on genetics okay right
absolutely or
um they might even blame it on
autoimmune okay the body's attacking
itself
well it comes down to all of these are
nutritional deficiencies
and these are the pre-existing
conditions that are breaking the
insurance companies now
and people will have these diseases for
10 15 20 30 years
we can get rid of them in weeks
we can save the government so much money
we can save
families so much money nobody's
interested in that it's that
that kind of money that you would
literally be
taking from that industry
by now creating all of these healthy

bodies
who would want to know you well
and of course the cost of doing this
through nutrition per 100 pounds of body
weight because it goes by body weight
per 100 pounds of body weight it'll cost
somewhere between
depending what diseases you have
somewhere around three to four dollars
per day about the half of a cost of a
cup of
exotic coffee come on yeah as opposed to
thousands of dollars a pill
and the products that you have will
increase your
the deficiency how do you the
supplements
that i'm taking now that you have given
um duck you got me here's what they do
um your body has been given by the lord
and that god is the best physician
right absolutely and
god has put into us our body's ability
to maintain and repair itself
but it requires raw material to do that
these nutrients are no longer found in
our food so our bodies alone cannot do
this anymore it has
it has the processes but it needs the

raw materials the body is just a
blueprint
and so we need these raw materials for
it to put to work to maintain rebuild
ourselves
and so what i learned to do through the
animal industry because we don't have
health insurance for animals
right and so a farmer for instance he
doesn't want to feed 100 cows and have
25 birth defects in
75 normal calves and 25 with birth
defects he's going to go broke
so we got to quit that we gotta quit
that now listen
um you you
you gotta get more information his
information
of his website and all of his products
are right here
on the screen i'm not trying to sell you
anything i just know
the benefit of what this man's knowledge
has
done for this man who's sitting right
here before you
and so uh when i get a hold of something
that's going to advance the body of
christ
i'll be the first one that will run back

and tell you the good news
about how you can live and have this
abundant life that god has called this
is not by coincidence that you are
watching this broadcast
you happen to tune in today to advance
your life or possibly the life of your
family members mom dad you can benefit
from this broadcast
next week we're coming back with dr
wallach we're going to be sharing again
some of the same awesome information
that you need to just hear about
thank you for tuning in it's been a joy
remember
life is better when you're living by
faith
we'll see
dr joel wallick's groundbreaking studies
over decades of research have revealed
numerous facts and truth about your
health which are radically different
from what you have been led to believe
by the medical community
these findings have been distributed
worldwide through the material on this
phenomenal cd
dead doctors don't lie with more than
200 million copies in circulation

recorded during dr wallach's lectures

this cd touches on a wide range of

subjects including aging heart disease

cholesterol

arthritis cancer diabetes alzheimer's

and pregnancy

in all dr wallach addresses 25 topics

and engages in question and answer

sessions with the audience

and his book is a comprehensive

expansion of the material on the cd with

over 400 pages of information which can

significantly

impact your quality and length of life

you'll learn how to identify 90

essential nutrients many of which are

not available in food

prevent and reverse 412 diseases with

vitamins minerals and herbs

reach your genetic potential for a long

and happy life

eliminate a major portion of costly

medical expenses

take responsibility for your health and

much much more

dr wallach's dead doctors don't lie 400

page book and multi-million selling cd

can both be yours today

for a gift of forty dollars it's not too

early or too late to gain the knowledge

and tools you must have to rescue and
revolutionize your health and that of
your family and loved ones
call or order online today
and so this professor who is trying to
teach newly graduated doctors
about seniors he said let's look at this
guy and he said well why sir do you eat
or what do you tribute your youthful
looks to in your youthful
uh blood work he says well i eat 25 eggs
a day
what yeah i've been doing it for 17
years i'm going to do it for the next
100 years
why do you eat 25 eggs a day is because
it gives me the sex life of an 18 year
old
come on
i love the apostle paul in philippians
where
he's talking to the church of philippi
of course and he's sharing the
importance of
partnering with him in ministry i cannot
tell you
how important and relevant and
significant
your seed will be to this ministry

although the gospel is free
it takes money to get it out that's how
i'm able to talk to you right now
someone is spending precious money
sowing precious seed
so that you could hear this word on
today to expand your lifestyle
that's what the word will do change your
lifestyle i recently encountered someone
who walked up to me and said
when i was down for 11 months you were
my pastor
i watched you every single day and you
helped walk me out of my situation
well at that particular time the thought
came to mind
i wonder is if he's sowing i didn't want
to
just abruptly break his flow and tell
him that but maybe
he's watching today it's important if
the gospel
through this ministry is advancing your
life
won't you consider advancing this
ministry
to help advance other lives it's just
that simple
the word says whatever you make happen
for someone else

the same god will get busy and making
happen for you
you open that law and it will manifest i
promise
consider sowing a seed today
ladies and gentlemen i believe it's a
greater sin
to not get back up and fight again
that's what god wants you to do when you
fall he says
rise up and go forward we don't just
survive things we overcome
[Music]
in every area of our lives god has so
designed the human mechanism the spirit
soul
and body that your life begins to move
in the direction of what you see you got
to visualize
you got to verbalize you got to
internalize
until it materialized
if you see health your body will move in
that direction
[Music]
if you're ever in the washington or
baltimore metropolitan areas we invite
you to worship with us
at one of our saturday evening or sunday

morning services

please give us a call at 1-888-630-4540

[Music]

so welcome back we're here some

interesting things

i've learned and we've talked about in

our last broadcast i pray that you were

here

and you heard all of these things uh

this is not a stranger to the body of

christ

nor on this topic and uh

dr wallach is here with us again and i'm

happy to welcome him to living by faith

broadcast doc

thank you for being with me again pastor

mike i feel like family i really

appreciate your help

oh i appreciate you so much now now

just talk yesterday we talked about

eating eggs i've been removing the yolk

from my eggs because they

they were given this information

okay uh this all started out in 1901

uh when the german navy went to a german

chemist by the name of wilhelm norman

and berlin university

said look we need a synthetic smokeless

diesel lubricant for german submarines

by 1904 he'd done it at the end of the

first world war they didn't need it
anymore so he was allowed to sell it to
a british soap manufacturing company
they couldn't sell the soap because
everybody's making their own soap
so they sold it to procter and gamble
here in the states come on and they
couldn't sell it remember
this is a diesel lubricant for german
submarines yes sir they couldn't sell
the soap because in the 20s 30s 40s
everybody's making their own soap
and so they decided to turn it into a
cooking shortening called crisco
remember this is a synthetic diesel
engine lubricant for german submarines
now it's going to be a cooking sharding
and grandma didn't want to use it
because she's using
lard buttercream and eggs absolutely 40
generations of grandmas before her
well so this guy by the name of ansel
keys who's the head of department of
medicine at the university of minnesota
who's on the board of directors of
procter gamble
is also the board of directors of the
american heart association
he brokers the deal by which procter

gamble gives the american heart
association 1.7 million dollars was kind
of chump change today for big
institutions back then was a lot of
money
yes sir so they took it in exchange for
endorsing crisco as a healthier way to
eat than buttercream
lard and eggs they couldn't sell it
so ansel keys goes to an advertising
firm said how do we sell this
well he said you have to demonize what
grandma's doing
[Music]
so then she'll go to the heaven piece
with church music and butterflies
yes sir is going to be the crisco well
they did an analysis of large
buttercream and eggs they got
two common threads cholesterol and
saturated fats so they started
demonizing that just so they could sell
the crisco
okay and then they threw in the
mediterranean diet which there was no
research on nothing that just made it up
out of their head
and that began to sell it was romantic
so they began to sell the crisco
well since then we've gotten

about 14 diseases that
going to chris go into the lard butter
cream and eggs okay we've switched
and the switch we wound up with low t
low testosterone
ed erectile dysfunction menopause at age
30. oh wow
adrenal exhaustion and alzheimer's
disease
all those are caused by a cholesterol
deficiency
it turns out the cholesterol is an
essential nutrient and it has nothing to
do with the cause of
plugged arteries and plaque in your
arteries it's all it was all
a fraud to sell crisco
and and and so but people
have to be sitting here just like i
when i first heard you some years ago
by what authority do you speak who is
this guy
and and you're brilliant all of the
information you have concerning
all of these deficiencies well well
pastor mike
the thing this story about the crisco
and yes sir
and um getting rid of cholesterol

winding up with all these cholesterol
deficiencies
was a two full-page story in the wall
street journal three years ago
now you realize that wall street journal
is a financial newspaper
yes sir so when they talk about health
or anything like that it's always one
column wide two pairs long
not very generally we're talking we're
talking two
full pages to tell this story
and then a couple years later five full
pages in time magazine
same story and nobody paid attention to
it
even though on the cover of these things
they're telling you about
don't listen to this thing about don't
eat the eggs eat butter don't use
margarine eat butter
all the opposite what the doctors have
been telling us that was all to sell
crisco absolutely and so we wound up
with all these diseases now they're
happy
because they make billions of dollars
each year for the sale of c
alice and viagra and and premarin which
is made out of horse urine for women to

get artificial estrogen for
for um menopause at age 30. yes sir yes
sir
and then they make billions no they make
trillions of dollars on statin drugs you
lower your blood cholesterol
that's what makes the doctors and the
pharmaceutical companies really happy
because
now they get to treat alzheimer's
disease which is caused by a deficiency
of cholesterol
and your mind is just clicking
away like well that's because i've done
eight thousand human autopsies i've done
forty thousand animals you've done eight
thousand human on time yes sir and
forty thousand animal autopsies from 454
species of animals
nobody else has ever done that before
i'm not smarter than anybody else but
god has
put me in a position absolutely to to
be confronted with all this information
and
as a result i know things that nobody
else knows they've seen it with their
eyes
but they didn't couldn't understand they

couldn't interpret it because they
didn't have the information
[Music]
and most of these autopsies that you
have
they're published okay and and
you have also witnessed the deficiencies
yes sir well this is all done by
biochemistry
yes we spent millions of dollars doing
the biochemistries all the tests
and again this is why my 1200 page book
that's my essentially my
phd thesis 1200 page book that came out
of this
study is in the smithsonian institute as
a national treasure
because you cannot find this information
anywhere else
come on so so these black
genetic lines
talk about that okay well this all
started
um when i actually rebuilt andy young's
knees he was going to get a double knee
replacement rebuilt his knee so he
didn't need the surgery
he was introducing me he was so excited
about it we were talking about sickle
cell anemia and hummingbirds and deer

and

why you could get a quote genetic

disease unquote from the black community

into deer and hummingbirds

which is really just nutritional

deficiency not not genetic as doctors

were saying

and so i was able to rebuild andy

young's knees with

our nutritional program so he didn't

need surgery and

um i believe that's what

kind of contributed to my mom passing

away

she needed knee replacement at 80

something like that she's never done

surgery on her 87 right

absolutely i could rebuild her and say

90 days and she'd still be alive today

using god's principles now

so if creflo dollar and andy young call

me in 1991

they say look um emory university has

told us

that pastor dollar's daughter is not

going to make it she's 11.5 years old

she's got a genetic form of asthma found

in black kids

and she's not responding to maintenance

medication nor
to emergency medication she's not going
to be 12.
she's having so many crises now with her
asthma emory university says she's not
going to be age 12.
get ready for her loss because tomorrow
you could wake up she'll be dead
it's going to happen quick so they call
me can you do anything i said yes i know
what's happening here i can help you i
can get rid of that
they were putting their hand over the
phone i could hear them whispering
shirts there i'm sure pastor daughter
said well emory university said
genetically nothing can do she's going
to die yeah and here's this guy
i don't even know who he is and he's
saying he can help her so get back on
and so he said yes i said the reason why
she's not responding to the maintenance
medication
and the emergency medication is she's
not absorbing it
she has something called gluten
intolerance she's her intestines are
damaged
she cannot absorb the medication
that's the problem so we need to get her

your whole family everybody in the
family grandma and
pastor taffy and everybody in the
household
on the cook and needs to be on
a gluten-free diet no fried foods no
processed meats no oils no glutens no
wheat broth around oats
and then here's the program for her to
rebuild her lungs
and get rid of her asthma and praise god
praise god pastor in two weeks she was
cured
after 11 and a half years going downhill
until she was
cured using god's stuff wow
and so on un unsolicited a month later i
get this very large check lots of zeros
on it
come on from past your dollar come on
and i don't take any money
for telephone con consultations giving
lectures i don't take the money for the
sale the product i don't make anything
from the sale of the product because i
don't want people to think i'm
doing this i love it i love it yes sir i
don't want people think i'm doing this
for the money

yes sir i don't make any money for the
sale of products yeah
and so i said i have to give you this
check back and i'm calling you to tell
you this personally because i didn't
want you to think i was rude
and rejecting your check and i just want
to thank you for your kind thoughts
he said well can you do research i said
yes sir and what kind of research you
want he said well
after what you did for my daughter i
want you to find out all the diseases
that are said to be genetic in the black
community that are not
i want to know how to prevent them and
cure them oh you gotta stop right there
you gotta
stop right there okay because one once
we return we want to talk about
this information that uh doc put
together
and it's gonna bless your life stay
tuned don't go anywhere
hi i'm dr joel wallick and i'm going to
give you the truth about nutrition
what i would like you to do is give me
90 days to show what the 90 essential
nutrients can do
for your health for more information on

this topic and more

go to truthaboutnutrition.com

we're back and i want to get right back

into

black jeans lies that's right

yeah and we do have a book and we have

two um cds that go along with it

and the research was paid for by uh

pastor crevallo dollar

okay okay and he wanted i love doctor

that's my main man

i thank god for him yeah oh yeah he's

been such a wonder

um introducing more and more great

things that god does

absolutely appreciate him and um so

anyway

he sends me this money which i can't

take so i i

wanted to send it back to me says well

do the research with it and and what did

you want reasons

you can't take it because you're not in

it for the money for the money you you

sincerely want

us to know the body of christ god's

message that's correct

i love it in the world yes sir 55

countries have done this in

55 countries and the united nations you
could be a
very very wealthy
beyond well i'm wealthy in god's spirit
but i couldn't have lots of money
and so pastor dollar um he sends his
money and i say i can't take the money
he says well
can you do research and i said what kind
of research you want you know he says i
want you to find all the diseases that
are said to be genetic in the black
community that are not
how to prevent them how to cure them so
i hired a bunch of graduate students
with the money
and in six months time i had all the
research i needed i sent him
the manuscript to the book before and
published i wanted his input saying
this is where we're going with this is
what we found and he was just shocked
because all the disease is said to be
genetic in the black community highlight
pressure
diabetes obesity heart disease cancer
sickle cell anemia are not are not no
they're not they're just all simple
nutritional deficience diseases
sickle cell anemia is a nutritional

deficiency in the mother

when the bone marrow cells are farming

in early pregnancy

embryo and so this is sort of like

cerebral palsy and heart defects and

cleft palate and down syndrome

this is a birth defect of the bone

marrow and so it only makes

dysfunctional hemoglobin

called sickle cell anemia now it also

occurs in animals

because they can get the same birth

defect that's one of my books in the

smithsonian institute

all verb rates same deficiency get the

same disease

white people also get sick of cell

anemia now it's supposed to be a genetic

disease or black folks certainly

and so they had to change the name in

white guys same disease but they call it

thalassemia and white guys

how about that otherwise it would

confuse the public

of course yeah right and so

um what i had to learn to do was

come up with programs to eliminate

sickle cell anemia highway pressure

diabetes obesity heart disease

for instance congestive heart failure as
a pastor you see lots of people with
congestive heart absolutely yes sir
sir we've known for 300 years it's a
deficiency of a single vitamin
a single vitamin yes sir i said the
quickest ones i've gotten rid of of
congestive heart failures a week
normally to take me two months or less
get them off all their medication
they're free of of congestive heart
failure
because it's a you know for instance
when you have iron deficiency anemia
you and i would want to go to the
drugstore and get some iron of course
but the doctor wants to do a bone marrow
transplant
[Music]
well that's why all the insurance
companies are going broke because
they're going with all these expensive
treatments that just
treat the symptoms right the disease yes
where the nutritional supplementation
cures the disease and some of them
people know you can cure scurvy with
vitamin c and cure berry berry vitamin
b1 plague with vitamin b3 rico's vitamin
d

you can cure let's see here

uh you can cure um there's a type of

anemia

you get with vitamin b12 deficiency

obviously iron deficiency

rickets vitamin d3

but night blindness where you can't see

colors

at night yes sir it's a simple vitamin a

deficiency

what about the congested heart failure

well i don't tell people what that is

okay i don't want them to go drop off

their medication and get that vitamin

because they might have a problem what

we have is what we call

the healthy brain and heart pack okay

which is a more complete thing

because we can't have congestive heart

failure you've got lung problems you

have yes yes

and so we have to deal with all of that

and then we give them what we call the

secret sauce which is that vitamin

okay we have that secret sauce the

secret sauce now how can they find out

if we're here

well the number you're giving them yes

sir uh that number the email address the

website the telephone number
ms linda our angel will be their coach
absolutely absolutely and walking
through that step by step
and they won't have to be concerned
about their being
in the imbalance as well correct what
they're getting from their doctor
and now they can stay on their
medication right and when they go to
their doctor for their usual
in fact if they're feeling really really
good but i say go make an extra you know
don't wait until you're supposed to go
there three months around just get an
appointment go ahead
see what he says now he said i don't
know why but you don't have congestive
heart failure
i get this all the time with diabetes
people with diabetes for 30 years pastor
[Music]
they come up so my doctor says i don't
have diabetes anymore not to take any
more medication
in 30 days after 30 years
this is god's work it never fails
it never fails i know when i got out of
that hospital
after almost checking out i mean

the doctors were this is very very good
very scary it's
a challenging time for us all
but i got to work on taking all of those
things that you were telling me about
and uh people are telling me that i
look now i i don't want to be boasting
about how
i look but well you look like a young
man your skinless viewers yeah
yeah and and that's what i've been
hearing i mean
my strength i'm regaining
it's almost deadly uh and and i just
feel
a lot better the the pressure that
i would have uh challenges with was not
as normalized
and i just thought it was my
exercise a combination of that
but this deficiency that i obviously
had now you had lung problems yes sir
and of course the lungs make a hormone
to keep the bronchi
open okay keep your airways open if
you're not making that hormone those
airways the muscles just
close it down so instead of being as big
around as a quarter okay your bronchi to

your lungs
from your trachea yeah okay instead of
being a diamond or a quarter
they're the size of a diameter of a
pencil oh
you know maybe maybe an eighth of an
inch yeah so suddenly you can't hardly
breathe
yes sir entirely oh you've got a
life-threatening situation here which
you do
yeah well i've had people who were told
they only have weeks to live
they call me up in the middle of the
night we put them on to 18
of these nutrients and by the morning
time
their bronchi are back open to the size
of a quarter they're perfectly normal
you just have to give them the right
secret sauce
and this is what's on this i like the
right secrets
and all of them are gods these are man's
creation every one of these
is a natural substance did
you go back like to
genesis if you will plant-based and
you've researched all the information
that

matches certain different dispositions
of the body
and have connected that particular
vitamin with like the lungs and what you
just mentioned the heart and
doctors don't pay attention to this
because they're looking for the drug
that's going to open up your bronchi
doesn't solve the nutritional deficiency
problem
right but the drug will relieve the
symptoms but the disease what's going to
happen is when you're deficient that
same nutrient
you're going to get a blood clot in your
lung you're going to get a thrombotic
stroke or get a blood clot in the brain
or get a coronary thrombosis to get a
blood clot in a coronary artery and die
because the same deficiency causes all
those different diseases
[Music]
well why aren't doctors the
talk about that a bit well um
let's look for two minutes on some
statistics okay
um johns hopkins very famous medical
school from baltimore maryland
okay they came out three months ago and

said
the number three cause of death in human
beings in america
is simple mistakes in the workplace of a
doctor
third leading cause of death in america
is simple mistakes and doctor's
workplace to hospital
each year now this is johns hopkins came
up with this just a couple of months ago
published in medical journals every
newspaper in the land had it was on
every tv station
they said each year medical doctors
killed they use a kill word each year
medical doctors killed 251 000 americans
from simple mistakes what would happen
if a fast food place
were to kill 251 thousand how about that
yeah yes sir
what would happen if iran north korea
were to send over
intercontinental ballistic missiles and
kill 251
obvious well here's one trade that does
it every year in the workplace and
nothing happens
also we've learned that because of these
things our children will be the first
generation of americans that do not live

as long as their parents
you may have heard that too absolutely
well that is a catastrophic
prediction of biblical proportions
that's the same
as telling the pharaoh
the first born in egypt you're going to
die if you don't let the hebrew slaves
go
okay and this was going to happen if we
don't supplement these kids properly
they will all die before we do
how do we get this message out more and
more
well you're doing it yes sir and so
again it's all in the cds and the dvds
in the books and um we're working hard
and i can't
thank you enough for sharing this with
your church family absolutely
and uh some of them will take it on like
apostles and uh and sometimes you feel
the frustration i felt the
frustration and then i thought of noah
and jesus himself come on uh they
couldn't get everybody to everything
come on come on
come on we got to stop right there we're
coming right back to share with you

just some tips and things that you
should know
now stay tuned
hi i'm dr joel wallick and i'm going to
give you the truth about nutrition
what i would like you to do is give me
90 days to show what the 90 cents of
nutrients can do
for your health for more information on
this topic and more
go to truthaboutnutrition.com
it's been an awesome broadcast i want dr
wallach to just give us some tips but i
also want you to get in contact with
them you've heard some things
that's going to literally revolutionize
your life
it's going to change your life it's
changed my life my health is a lot
better
i'm telling you i'm doing everything
this man has given me to do
you can contact him now his precious
angel
he calls her linda she'll be on standby
just contact her
at this number that's on your screen and
here and you'll have all the information
you'll need from that call i promise you
doc give us a few tips

on what we can start doing now
if i got high blood pressure what what
what do i do
if i have diabetes i call how do i get
started give me some tips
okay well first of all all vertebrates
again humans turtles fish
flamingos and elephants and giraffes and
rats and dogs and pigs
we require 90 essential nutrients 60
minerals 16 vitamins 12 masses 3 fatty
acids most multiples on the market have
24
26 28 but not even a third we require
nine we require 90 of those 90 60 or
minerals
now plants only require three minerals
to look good and produce tomatoes and
carrots and
seeds for the next generation we need
60. okay so you're eating a pretty good
looking tomato
tastes good firm perfect tomato
you're only getting three elements from
the soil you're sharp 57.
yes sir yes sir okay and so we have to
consciously supplement with these things
because these nutrients are no longer
found in the food

there's some places in the united states
50 100 200 years ago
those all 60 minerals were in the
tomatoes how about that now there's only
three
because our soil is deficient yes sir
well they're deficient because we went
from wood is the universal fuel to
electricity
you're probably old enough to remember
when we put wood ashes in the garden
absolutely
ashes are not ashes wood ashes are the
minerals that the trees sucked up out of
the ground
we threw the minerals into the garden we
ate the tomatoes and the carrots and the
beets and the cabbage
they had sucked up all those minerals up
they didn't need them but they sucked
them up we ate that food and we got the
minerals that way
how about that we switched to
electricity no more wood ashes in the
house anymore
no more wood ash in the garden no more
minerals the commercial fertilizers only
have the three that plants need
so we went from 40 50 60 yeah to
three right and nobody knew to make up

the difference by supplementing because
nobody knew they were getting their
minerals from
the food okay so now we know this
okay because we have to consciously
supplement and i like people to get
every day every day right a stick of
butter a day okay
you need to stick a butter day it's not
an apple a day keeps the doctor away it
says
stick a butter day keeps the doctor away
okay it helps you get rid of and
reverses alzheimer's disease parkinson's
disease mbs leukemics disease hunting
disease all those diseases of the brain
are really the same disease just
different parts of the brain
are more severely affected so you get
slightly different symptoms and we were
told that a stick of butter they would
kill us well cause plaque in your
arteries and cause yes yeah all kinds of
arterial disease no sir
the margin is the one that actually does
it okay
and then of course again i like people
per 100 pounds of body weight to eat six
to eight eggs a day

and that's so you can make hormones okay
testosterone estrogen progesterone
adrenal hormones belong to a class of
nutrients called steroid hormones
they're 95 by weight cholesterol hmm
and if you get if you're eating margin
instead of butter right right right
you're eating egg beaters instead of
eggs or egg white omelets instead of
whole egg omelets
you think you're doing good because the
doctor told you so that's exactly what
it is you're deficient all those
hormones you're going to be needing
cialis and viagra and premarin and
oh lord oh lord okay i'm going to eat
some eggs
today the the kicker was in
in 1991 there was an article published
in the new england journal of medicine
by harvard medical school
okay and uh there's this old guy he's 88
years old and he looked like he's 50 and
his blood work showed he was a healthy
50 year old guy although he's 88 years
old
and so this professor who was trying to
teach newly graduated doctors
about seniors he says let's look at this
guy and he said well why sir do you eat

or what do you attribute your youthful
looks to in your youthful
blood work he says well i eat 25 eggs a
day what
yeah i've been doing it for 17 years i'm
going to do it for the next hundred
years why do you eat
25 eggs a day is because it gives me the
sex life of an 18 year old
come on and so
this was published it was one of the
biggest articles ever written in the new
england journal of medicine
eat 25 eggs i'm going to get some eggs
as soon as
we end this broadcast and i'm not here
to make light of any of
all of this information this information
at all this information has really
been they can look it up march 1991 new
england journal of medicine
you look it up yourself you heard it
here look it up
look it up and uh and then please
contact
his office that information is on the
screen
um his darling angel linda will be there
to take your calls

and uh it's going to change your life

i'm glad you tuned in

this has been living by faith remember

life is better when you're living by

faith we'll see you soon

[Music]

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[Music]

dr wallach

is going to explain to you tonight not

only about cardiac myopathy

but many other things i pray that you

listen closely and carefully
because what you're going to hear may
save your life or the life of your loved
one
dr wallach in 1991 was nominated for the
nobel prize
he's had many many fabulous things in
his life
there's no way i can tell you how
pleased i am to have him here in kansas
city tonight
and i want to turn the time over now to
dr joel wallick would you all give him a
big hand
how many of you grew up on a farm or
still work a farm or have anything to do
with livestock
well i'll tell you what you're my kind
of people because i grew up on a farm in
west st louis county back in the
50s and we start out with beef calves
and if if you raise livestock the only
way to make money is if you raise a lot
of your own feed for those who don't
have that experience
and so we raised our own corn and we
raised our own soybeans in our own hay
and we had a truck come out from the
mill and this truck would come out from
the mill

and it would grind up the corn and the
soybeans and the hay and then we would
add
sacks of vitamins minerals trace
minerals and we make pellets out of it
and this is what we would feed the
calves
in six months time we'd ship them to
market to be slaughtered we'd save back
some of the best ones for ourselves
we'd knock them in the head and eat them
put it bluntly
and it always fascinated me as a
teenager that we did that for those
calves and in six months ship them off
to be slaughtered or we'd eat them
and we wanted to live to be a hundred
years of age without any
aches and pains and guess what
we didn't take any vitamins or minerals
and that bothered me
so i asked my dad i'd say hey pops how
come
you do that for those calves you don't
do that for us and he'd give me this
good old missouri farm wisdom he'd say
things like
shut up boy you're getting this farm
fresh food and we hope you appreciate it

and of course i was very quiet then
because i didn't want to miss out on any
meals
well then when i went to school i went
to the university of missouri the
school of agriculture and i got my
degree in agriculture
and it was very interesting to me that
i got my major in animal husbandry in
nutrition
my minor was in field crops and soils
then i got into veterinary school
as a freshman veterinary student i
learned to answer to my question
and the answer is this we know how to
prevent and cure diseases in animals
with nutrition
and the reason why we do that is because
we don't have major medical
we don't have hospitalization blue cross
blue shield
we don't have medicare
we don't have hillary to watch out for
us
if you're going to make money as a
farmer you better know how to do stuff
yourself and you better
do it efficiently with feed and
nutrition if you can
well to make a long story short after i

got out of veterinary school i went to
africa for two years and i
was able to fulfill a boyhood dream i
was able to be a frank buck for two
years and work with marlon perkins many
of you will remember him from the mutual
of omaha's wild kingdom
and he's a great gentleman and after two
years of working with elephants and
rhino people used to ask me or
are you a small animal vet or a large
animal vet well i would tell them i'm an
extra large animal vet
because i worked with elephants and
rhinos well after two years he sent me a
telegram and said would you come back to
the saint louis zoo and work with us
we need a wildlife veterinarian at the
zoo for a special project
we were given a seven and a half million
dollar grant from the
um national institutes of health
and what we need is a veterinarian
who'll do autopsies of animals that die
of natural causes in the zoo
i was just overjoyed to do that and so i
came back and and did that
and of course i not only did autopsies
for animals that died in the st louis

zoo but the brookfield zoo in chicago
the bronx zoo new york the national zoo
the la zoo and so forth
and my job again was to do autopsies of
animals that died of natural causes in
the zoo
and looked for a species of animals that
was ultra sensitive to pollution
this is because during the early 60s we
had just learned about pollution and
ecological problems and disasters
and nobody quite knew what to do and so
i was supposed to find a species of
animals that was extra sensitive
to this and use them much like we did
the
canaries in the mine you know the old
welsh coal miners used to put a canary
in a little
wicker cage and take it down in the mine
and if methane gas
or carbon monoxide would leak into the
mine the canary would drop off the perch
and die first
and the men knew to get out before the
mine blew up or they suffocated
well again to make a long story short
over a period of some 12 years
i did 17 500 autopsies and over 454
species of animals

and 3 000 human beings who lived in
close proximity to zoos
and the thing that i found out was this
every animal and every human being who
dies of natural causes
dies of a nutritional deficiency
and that fascinated me went back took me
back to those calves i said gee that's
fascinating everybody is dying of
nutritional deficiencies we could
document this
at autopsy both chemically and
biochemically and so forth and things
you saw
with the eye at the autopsy table well
that fascinated me and i wrote 75
scientific articles
i wrote uh eight multi-author textbooks
and one textbook of my own costs 140
bucks for medical students
and i'm sure the only thing they do is
use them for door stops
and it couldn't get anybody excited i
was on 2020
i was on seventeen hundred newspapers
i was in magazines it was in every new
network tv that you can think of
and guess what couldn't get anybody
excited back in the sixties about

nutrition

so what i did was went back to school

and became a physician

to use everything i had learned in

veterinary school about nutrition in my

human patients

and to no surprise to me it worked spent

12 years up in portland oregon

in general practice and is very

fascinating what i'm going to share with

you tonight is what i learned over those

10

12 years using nutrition with my human

patients

and if you take home only 10 percent if

you take home only 10

it will save you an enormous amount of

unnecessary misery

it will save you a gob of money and

those of you in missouri know what that

means agav means a lot

and will save you and in fact it will

add on many helpful years to your life

okay it'll add many healthful years to

your life

well you can't do this you can't get

these healthful years you can't

have longevity you can't live to your

genetic potential just falling off a

stump

you have to do some things the first
thing i have to do is convince you
that it is worth doing these things i'm
going to start out by convincing you
that the
genetic potential for human beings is
120 to 140 years our genetic potential
for longevity
okay 120-140 years there's no less than
five
cultures whose people live to be 120-140
starts out in the tibetans in western
china
these people were popularized back in
1934
by james hilton he wrote a book called
the lost horizon
many of you remember reading that as a
pulitzer prize winning book way back
then
and they did a movie of that 1937 it's a
very long movie about three hours you
can get it from any blockbuster video
and i would encourage you to get it and
look at it when you have three hours
it's a great movie
and the oldest living person that has
some documentation i'm sure there's a
certain amount of exaggeration in there

but
there is some documentation was a fellow
a doctor
lee li from china
along this tibetan border and this
fellow
when he was 150 years old quote unquote
received a big certificate
from the imperial chinese government he
was born in 1677
150 years later he was given a
certificate by the imperial chinese
government
for being 150 years and then when he got
to be 200 years they sent him another 50
years later they sent him another
certificate
and supposedly he died at age 256
and as people of that nature he was
written up in the new york times in 1933
when he died
in the london times and so this is
fairly well documented
but he may have only been 200 years old
i don't know if he was 256 but this is
the
person that led james hilton to write
that
story then uh there's in 1967 or 68
there was a remake of that movie it was

a color version if you haven't seen that
was called shangri-la
i'd urge you to see that then in eastern
pakistan
there's a group of people called the
hunzas and these people are very famous
for longevity
120-140 if you've been in alternative
health for any length of time you've
heard their name at least
then in what is now western uh russia it
used to be the soviet union
the russian georgians were made famous
during the 70s by dan and yogurt
you remember the old crimea war veterans
they
get their uniform on they'd hold a saber
up and they would get a cup of dan and
yogurt and smile a lot and you're
supposed to make the mental leap
that it was the dan and yogurt that made
them live to be 120.
then just south of them the armenians
the abkhazians and the azerbaijanis are
famous at least
in in the soviet union they were studied
for some 60 years
because they routinely lived to be 120
to 140.

in fact in 1973 the january issue of the
19
of the um national geographic 1973
january uh national geographic did a
special article on people who lived to
be a hundred
and are older and they featured these
people
and there's a great pictorial article
you know national geographic
is very good about coming out with
pictures and three of these dozens of
pictures that were in that article
i remember one of them was a lady who
was 136 years old
she was sitting in a wicker chair with a
big cuban cigar in one hand and an
8-ounce glass of vodka in the other
and she was partying she was having a
good time she was not in a nursing home
all slouched over and you know ready to
have somebody take another 2500 bucks
out of her
checking account she was enjoying
herself at 136.
then there was a semi circle of couples
boy girl boy girl boy girl and they were
celebrating their 100th and 115th and
120th
wedding anniversaries then the third

picture
that i remember is a gentleman who is
picking tea leaves up at the timber line
in the caucasus mountains
in armenia and um he was listening to
a one of these little transistor radios
back then
and according to his birth records and
and baptismal records as military
records and the birth records of his
children
the national geographic said that he was
167 years of age and the oldest living
person
at that time on the western hemisphere
the vilcabamba indians
in ecuador are very famous they live in
the andes and then in southeastern peru
my favorites the titicacas
i just like them because i like the name
they're sort of east of the
machu picchu uh the old community
the titty kakas live around lake
titicaca and of course they're very
famous
for living to be 120-140
well in may 11th just about a month ago
the oldest living american at this time
and documented through the guinness

world book of records was margaret skeet
she was from radford
virginia she died at age 115 and
she died of a nutritional deficiency you
can tell that from her her obituary
she died of the complications of a fall
what did she die from
osteoporosis very good she died of a
calcium deficiency she had no heart
disease no cancer
no diabetes no other infirmities but she
died three weeks after a fall because
she didn't have enough calcium
very interesting also her daughter said
that she had a craving for sweets until
she died and that's a
disease called pica we'll talk about
that a little bit
but usually when you have a craving for
chocolate if you're a chocoholic or a
sugar a holic
that means that you have a deficiency of
chromium and vanadium and we'll talk
about that
in a minute then in a third world
country in niger
in africa a chief by the name of bower
at age 126 was eulogized by one of his
wives
so i assume it was plural it had many

wives and she was bragging about him at
his death at age 126
he was still in possession of all his
own teeth
okay so you assume that other faculties
are working too
then here's a gentleman uh from syria at
age 133 he died in july of 1993
and he was in the grandest world book of
records not because he was 133 there's
been many people live longer than that
not because he remarried for the fourth
time at age 80 but because he fathered
nine children after the age of 80
and this meant if you add up nine months
for each child in a year for
breastfeeding for each one and a year
between each one of the children
he was still fathering children after
age of 100 and that's what got him into
the guinness world book of records
so there's still hope for you fellas
then those of you who like science in
november of 1993
those six biospherians came out of that
dome
in arizona they were in there for two
years
three couples and they were supposed to

eat the perfect food and recycle the
atmosphere and grow their own food and
whatnot and have no pollution in their
water
or air or food and when they came out
they're examined by medical
gerontologists from ucla university of
california los angeles
and they put all this information their
physical their blood work and so forth
into the medical computers at ucla
and the medical computer said that and
projected that they could live to be 165
years old if they continued to do
what they were doing so all of that just
says to you that
there's a there's a possibility you can
live to be 120 to 140
and when i grew up on the farm we could
grow 200
bushels of corn per acre and with all
the labor and all the fertilizer and
everything else you did
you could make a profit if you grew 200
bushels per acre but if you only got 100
bushels per acre and put out that same
effort in the same
fertilizer cost you'd lose money and so
i want you to think about it the average
lifespan for an american today is 75.5

average lifespan for an md or a doctor
is 58.
you want to gain 20 years statistically
just don't go to medical school
you want to live to be 120-140 there's
only two basic things it's real simple
two things
remember number one you have to avoid
the pitfalls
you have to not step on the land mines i
call it
and those are in the military you know
what that means um
you do something stupid like step on one
of those things you kill yourself
wastefully or unnecessarily of course if
you play russian roulette
or smoke excessively or drink
excessively or
wear a black sweatsuit and run down the
middle of the highway at two o'clock in
the morning you're going to get struck
by a car
all of those things are foolhardy but
it's amazing how many tens of thousands
of people die in america from doing
those stupid things every year
the last thing i will share with you on
that subject of avoiding the land mines

i'd suggest very strongly to you that
you avoid going to doctors
and i'm going to back up that statement
which is a pretty strong statement with
a
statement from ralph nader's group in
january of 1993
just about a year and a half ago january
13th he put out a news release based on
a three-year study on the causes of
death in american hospitals and it was
fifteen hundred page report
this three-year study and i'm not gonna
waste your time or mine by
going over the whole thing word for word
but the bottom line
says a lot the bottom line says a lot
and here it is quote this is from ralph
nader now he's a consumer advocates
advocate for those of you don't know him
who watches out for us quote
three hundred thousand americans are
killed each year in hospitals alone as a
result of medical negligence
unquote i'm going to read that figure
again because it's a huge figure
quote three hundred thousand americans
are killed each year in hospitals alone
as a result of medical negligence
unquote

he didn't say he slipped away quietly
out of neglect in a corner somewhere
while they're waiting for an x-ray he is
the word killed when you use the word
killed that means there was a procedure
the doctor was doing went wrong somehow
that means that they gave them a wrong
prescription
they put a decimal point in the wrong
spot and gave them an incorrect
dosage these people were killed
three hundred thousand to appreciate how
big a figure that is
you have to compare that with our
military losses in vietnam over
ten years where we lost fifty six
thousand people over ten years or an
average of only five thousand six
hundred a year
on a field of battle where people had
guns and artillery and explosives trying
to kill each other
and millions of people poured out into
the streets and protested that war
we had political anarchy in the last
three years of the war
students took over universities and
colleges with guns and explosives
national guardsmen shot

students at kent state in ohio we chase
the president of the presidency
for five thousand six hundred military
personnel a year
and here's one profession that takes
your tax money
in the form of medicare and medicaid and
kills three hundred thousand of us a
year according to ralph nader and i
believe him he has no axe to grind
and you can go out in the street any day
of the week in any city and there isn't
even a
crazy street preacher out there with a
sign that says protect us from doctors
i want you to think about that folks
that's number one you have to avoid
stepping on the land mine so there's a
certain value in treating yourself when
you can
or preventing disease so you don't have
to get treated
now the second thing you have to do
number two is you have to do the
positive things
you have to do the positive things and
i'm going to
start out here by just putting a figure
up on the board it's the number 90
and you need 90 nutrients in your diet

every day you need 60 minerals
you need 16 vitamins
you need 12 essential amino acids or
protein building blocks
and you need three essential fatty acids
you need
90 nutrients in your daily diet
otherwise you're going to get a
deficiency disease if you don't have
them
in complete numbers and optimal amounts
well i can tell you that i was one of
those nerds back when i was in college i
had a clipboard we didn't have computers
back then so i had a clipboard and i was
one of those funny guys with glasses and
would walk up and down in the student
union there in columbia and say
do you take vitamins and minerals i was
still fascinated by that and
and of course people kind of look at you
crazy and say well yeah i take vitamin e
and i'd wait for them to come up with
the other 89 and they didn't they just
oh i take vitamin e
well today if you ask people do you take
food supplements they say oh yeah i take
tums
because that's what you know they hear

all the time well again you need 90
nutrients if you're going to make it
but the newspaper is no and the
magazines and tv and radio knows
that we're interested in health and
longevity and
and supplements so they all talk to us
not because the medical profession has
asked them to do that in their stead the
medical profession doesn't say hey we're
so busy saving people with surgery and
chemotherapy and radiation
and pharmaceuticals would you please
educate the people on nutrition
they do it because it sells newspapers
my favorite article of all time appeared
in time magazine april 6
1992 and if you haven't read it i'd urge
you to get it out of a school library or
public library and photocopy it
stick one copy on the door in the
bathroom and one on the refrigerator
it's a cover article it says the real
power of vitamins new research shows
they may help fight cancer heart disease
and the ravages of aging
again there are six positive pages in
here there's only one negative sentence
and was issued by a medical doctor who
is asked by the writer of the article

what do you think

what do you think about vitamins and

minerals for people as food supplements

and here's what the doctor said quote

popping vitamins doesn't do you any good

sniffs dr victor herbert

a professor of medicine at new york

city's mount sinai medical school we get

all the vitamins we need in our diets

and taking supplements just gives you

expensive urine

unquote well to give you a missouri

translation of that

that means you're just peeing away your

dollars if you take vitamins and

minerals

you might as well wad up your dollars

and throw them in the toilet and flush

them away because you're not getting any

redeeming value from it those quacks are

just taking your money for those

vitamins and minerals

that's what he was trying to say got

published

so it must be true right i'll tell you

what

after having done those 17 500 autopsies

and 454 species of animals

from around the world and 3 000 humans

and liking to be healthy myself and
having children and
grandchildren and not too distant future
great grandchildren i'd rather pee out
50 cents or a dollar a day worth of
excess vitamins and minerals it's pretty
cheap insurance
because if you don't invest in yourself
to the tune of a buck a day for vitamins
and minerals
guess what you're going to invest in the
lifestyle of md somewhere
because when you pay the medical doctor
your fee for going to see him
not one penny that goes to study how to
diagnose or treat or prevent a
catastrophic disease in a little child
like who was in here earlier
or how to prevent or diagnose or treat
better
breast cancer prostate cancer in adults
guess what that money goes for pays a
doctor's mortgage makes his mercedes
payment
it pays the tuition for his kids to go
to medical school that have it you know
have it is up in bastion
pays a tuition for his kids to go to law
school at yale
i believe because we've made doctors

wealthy

between 1776 and the second world war

the u.s government spent 80 million

dollars on health care and health care

research and studies

right now we're one point two trillion

dollars a year

for health care and it's free

we all know it's free right

i like that lady she says like heck it's

not free but we're supposed to believe

it's free and everybody wants more of it

and more free stuff

well tell you what if we use the human

type medical system

for the agricultural industry and the

livestock your hamburger costs 275

dollars a pound

on the other hand if you use the

agricultural

health system that we use in animals for

humans your monthly insurance premiums

for a family of five would be ten

dollars a month

you take your choice well i believe

since

we've made them wealthy through

insurance programs and government

subsidies

i believe they owe us something i
believe they owe us at least as much as
the
industries do according to for instance
recall notices
this was started of course i don't know
25 years ago when ralph nader
learned that the ford motor company had
made a pinto car with a rear end gas
tank that would blow up
when he got hit from behind at 20 miles
an hour fry everybody in the car
and when people complained to ford motor
company they said well you're just dumb
for getting in a car accident
we're not going to pay you for that
ralph nader says no it's a faulty design
so he went to a federal court and the
judge agreed with him and
through a court order forced ford motor
company to send everybody
a recall notice with a registered letter
bring that car in and they'll fix it for
nothing
but they kill three hundred thousand a
year and nobody protests as long as we
get ours free
and that scares me that attitude at any
rate
i've got a bunch of these recall notices

you should have gotten over the last
couple of years we'll go through them
quickly
number one is ulcers how many of you
ever heard that ulcers is caused by
stress
okay everybody's heard that if you don't
raise your hand you've got alzheimer's
or you're fibbing right
well we knew 50 years ago in in the
veterinary industry that
uh ulcers at least in pigs was caused by
bacteria called helicobacter pylori and
of course we couldn't get one of these
high-priced stomach surgeons from mayo
clinic in fact we always used to yell
hold the mayo
when they say stuff like that and uh
otherwise your pork chops would be 275
a pound to pay for that kind of surgery
and we learned that with a trace mineral
called bismuth and the tetracycline
antibiotic that we could prevent and and
cure
those stomach ulcers and pigs without
surgery so that's what we did cost
five bucks to cure a pig of stomach
ulcers with uh
bismuth the trace mineral and

tetracycline well the national
institutes of health now not the
national enquirer
but the national institutes of health
came out in february of this year
february 1994 and said ulcers are caused
by a bacteria called helicobacter pylori
not stress
and they can be cured they actually use
the cure word in this news release
medical researchers never do that they
always say shows promising results or
may be beneficial
they use the cure word national
institutes of health and they say can be
cured with a combination of the trace
mineral bismuth and tetracycline
well for those of you don't know what
business comes in you can get it from
any grocery store or drugstore it's pink
about 295 for an eight ounce bottle and
it's called pepto
bismol so a teaspoon a day full of
pepto-bismol and some
mice and calf scour pellets you can take
care of ulcers
now you have your choice whether you're
going to treat your own for five bucks
or go get
whittled on that's your choice

then what's the number two cause of
death in americans terrible disease
called cancer right
now doctors get information on cancer
you think they'd photocopy that when
they send you that bill
they should send you some photocopies of
this stuff well in september of 1993
the national cancer institute not the
national enquirer but the national
cancer institute
and the um have at medical school in
boston
did a study on cancer patients and they
came out and they said an anti-cancer
diet was found
well any rate they picked china to do
this study because in one province hinan
province in china
they have the highest rate of cancer in
the whole world
they took 29 000 people for five years
in this study
and what they did was give them
different vitamins and minerals at
double the recommended daily allowance
for americans
now that's a trivial amount for instance
they use vitamin c for one group and

of course the rda recommended daily
ounce for vitamin c is 60 milligrams
double that can be 120 milligrams you
can't go into a health food store and
find a
vitamin c tablet or capsule for less
than 500 milligrams for an adult
of course linus pauling the gentleman
with two nobel prizes says if you want
to prevent and treat cancer with vitamin
c you got to use
10 000 milligrams a day well all the
doctors who used to argue with him
back 35 years ago were all dead and
today linus pauling's still 94 and he
works 14 hours a day seven days a week
on his ranch in the big sur
in california and teaches at the
university of california san francisco
so you have to make up your choice
whether you're going to listen to the
dead doctors or linus pauling
your choice okay vitamin c double the
rda nothing happened vitamin a double
the rda nothing happened zinc riboflavin
the trace mineral molybdenum nice and
nothing happened
in one group they got a major benefit in
this group they got three nutrients at
one time they got

vitamin e they got beta-carotene and the
trace mineral selenium
those three were at double the rda
and if you get a half a percent benefit
in any nutritional or pharmaceutical
experiment
you've made a major improvement in
humanity's
life and so these articles get published
so once you remember that statistic a
half a percent is major benefit
well in this group that received the
vitamin e beta-carotene and selenium for
five years
deaths from all causes were reduced by
nine percent
almost ten out of every hundred or one
out of every ten who were going to die
in that five years from any cause
survived then cancers all cancers
13 percent survived who would have died
without those three nutrients
so 13 out of 100 lived who would have
died and then the type of cancer that
was most prevalent in henon province
stomach and esophageal cancer 21
lived who would have died 21 out of 100
lived
now to me those are significant numbers

and your physician
for the number two cause of death in
america should have sent every one of
you a photocopy that
at least giving the information even if
he didn't want to give you the advice
give you the information let you make up
your own mind
well here's one i think is funny on one
hand and on the other
side it tells you the attitude of
physicians
this has to do with arthritis it was in
september 24th 1993 that it was released
again it was from the habit medical
school in the bastion va hospital
how many of you in here have ever been
to a va hospital anybody in this room
okay good well you know the people
who've been to a va hospital you have
two opportunities to give your life for
your country
once on the field of battle and the
others in the va hospital right
well any rate the title of the release
was chicken protein halts the swelling
and pain of arthritis in a patient trial
and what they did they took people who
failed to respond in any way to medical
treatment for arthritis

these people got gold shots mesotrexate
they got
aspirin prednisone cortisone everything
else you can think of physical therapy
and the only thing left for them was
joint replacement surgery
okay now before harvard medical school
the va hospital was going to give it to
him they said look
we're looking for some people who are
willing to suffer for 90 more days just
three months
because we want to try something a short
term experiment and they got 29
volunteers
what they did for those 29 volunteers
who failed to respond in any way to
medical treatment for arthritis
was they gave them a heaping teaspoon
full of ground up dried chicken
cartilage in their orange juice every
morning
just a heaping teaspoon of ground up
chicken cartilage
and in 10 days according to harvard
medical school all the pain and
inflammation was gone
these are people who didn't respond in
any way to medical treatment

in thirty days they could open up a new
pickle jar that never been opened
and ninety days three months they had
maximum return of function
now here's the funny part the funny part
comes by a statement
of the guy who was the director of that
study from harvard medical school and
here's what he said quote listen to the
words
very important quote after three months
it was clear that the drug was
beneficial
unquote because it worked chicken
cartilage had become a drug
you can see he's thinking about patent
numbers and his eyes are rolling around
with
300 bucks a capsule 20 patients and you
can just see him
calculating right that means if you go
to kentucky fried chicken and you buy a
bucket of chicken throw away the skin
and the meat and eat the ends off the
bones
you're practicing medicine without a
license
and if you go to a kentucky fried
chicken in the middle of the night in
the dark of the night and you go to

their dumpster and you root through
there and you
collect two five gallon feed buckets
full of chicken bones
and you take them home with a hammer and
you pound off the ends of those bones
and dry your own cartilage in the
microwave you know
you're manufacturing pharmaceutical
and the fda is going to put you in jail
well if that's a little messy for you
you don't want to pay those lawyer fees
you can go into any
grocery store and get some knox gelatin
women know about knox gelling because
it's good for your fingernails and your
hair and your skin
it has the raw materials for chicken
cartilage
has the raw material for your cartilage
is made out of beef cartilage and beef
tendon and if you take
two of those little half ounce envelopes
a day in your orange juice and you take
it with an
ounce per hundred pounds of body weight
of colloidal minerals
next time i come by here in three months
you're gonna run up on this stage and

hug me and kiss me if you've got
arthritis
many of you ever heard of alzheimer's
disease everybody's heard about it today
50 years ago when i was a little kid
there's no such thing as alzheimer's
disease it's a new
disease one of those things that just
sort of happened now it's a major
disease one out of every two people who
reach age
70 get alzheimer's disease pretty scary
well
we learned 50 years ago in the animal
industry how to prevent and cure in the
early stages alzheimer's disease and
livestock
imagine how much a farmer would lose if
the pigs were all laying there
scratching their heads saying
why am i here
where is the feed box because if they're
not gaining a couple of pounds a day
you're losing money right so we learned
in the agricultural industry how to
prevent in the early stages cure
alzheimer's disease we do it with high
doses of vitamin e and low intakes of
vegetable oil
you say well like that's crazy high

doses of vitamin e well you should have
got a recall notice from your doctor
in july of 1992 because the university
of california
i mean we're talking about a
sophisticated research medical school
here
university of california san diego came
out and said vitamin e eases memory loss
and alzheimer's victims
now they're only 50 years behind on that
from veterinary medicine so it might be
safer going to a veterinarian
then how many of you in this room ever
had a kidney stone anybody in here ever
get that kidney stone okay i see a few
in here what's the first thing a doctor
told you to give up nutritionally
when you got your kidney stone give up
calcium no dairy
no dairy none of those vitamin mineral
things with calcium in them
because they have the stupid naive
ignorant belief
that's pretty intense they have the
stupid ignorant naive belief that the
calcium in your kidney stone
comes from the calcium you eat when in
fact it comes from your own bones when

you have a raging calcium deficiency a
raging osteoporosis
then you get kidney stones we learned a
thousand years ago in writing in the
agricultural industry if you wanted to
prevent kidney stones and livestock you
better give them more calcium
you better give them more magnesium and
more boron
the reason is of course bulls and rams
male cattle and sheep have special
anatomy when they get a kidney stone
they die they call water belly
they die when you and i get a kidney
stone we just wish we were dead
but no farmer is dumb enough to pay for
the feed for an animal and have it die
before you can either eat it or send it
to market
so we learned how to prevent those
things well you should have got a recall
notice from your doctor especially you
people who've had kidney stones your
urologist
should have sent a notice to you this
was
about 15 months ago march of 1993 it
says
calcium limits kidney stone risk and
this is from the habit medical school up

in boston by the way
in a study that turns conventional
medical wisdom on its head researchers
have found that people whose diets are
rich in calcium run a reduced risk of
developing kidney stones
in a study more than 45 000 people the
who were ranked into five categories the
group that had the most calcium
had no kidney stones so it took him a
thousand years to catch up
now about five years ago when i started
out on this crusade and started
lecturing to people all across america
and i'm in one time zone in the next and
all over i knew i was going to get crazy
out there
doing this last year i was on the road
300 days out of the year 300 out of 365
days and so i decided i needed to have a
hobby that i could take with me every
time i get a little wacko i could
go in my room and do this hobby and i'd
be okay you know be kinda like having a
little piece of home with me wherever i
went
i wanted to have a hobby that would help
other people i didn't want to collect
baseball cards because i like football

and i didn't want to do just crossword
puzzles because good mental exercise but
wouldn't help anybody else
and i couldn't take my compost pile i
like to garden and
hotels don't like that you know so i
decided i was going to collect
obituaries of doctors and lawyers
now as crazy as that sounds remember i
told you the doctors lived to an average
age of 58 and we live to 75.5
and here's a group of people
professionals who pontificate you and
tell you
well this is what you need to do you
need to give up salt and
no caffeine and you need to not eat
butter and eat margarine and do all
these crazy things
and they die at age 58 on the average
and of course all those people who live
to be 120 to 140
they put a chunk of rock salt in their
tea every day and they drink 40 cups of
tea a day
40 chunks of rock salt and they cook
with butter instead of
olive oil and they live to be 120.
so who are you going to believe the
people who live to be 58 or the people

who live to be 120 is your choice
anyway got a few of them here some of my
favorites this is dr stewart cartwright
age 38
he dropped dead in his home he was a
family practitioner
of a ruptured aneurysm that's a
ballooning of an artery that's a
weakened
artery because of the fragmenting or the
brittle condition of the elastic fibers
and arteries
just like when you hit a chuck hole with
your car tire and you break the cords in
there and you get a balloon
he dropped dead like he was polaxed okay
right in his home from a ruptured aortic
aneurysm
and we learned in 19 oh i think it was
57 aneurysms are caused by a copper
deficiency
we had a pilot project 250 000 turkeys
we made complete food pellets where you
put
all the 90 nutrients in there and the
first 13 weeks
fully half of those turkeys died 125 000
of them farmers were out there every
morning picking them up by the bushel

basket

they took them to the state diagnostic

labs in their autopsy they found out

that they all had died

from a ruptured aortic aneurysm so they

doubled the amount of copper in there

and the next year they tried to raise

500 000 turkeys and they didn't lose

a single turkey from a ruptured aortic

aneurysm and they ran

that experiment and mice and rats and

rabbits and dogs and cats and

calves and sheep and pigs and whatnot

and guess what they found out there's a

whole series of diseases that are caused

by a copper deficiency

gray hair is the first sign when you

start getting gray hair regardless of

your age you got a copper deficiency

you get skin wrinkles because the

elastic fibers in your skin are going

those little crow's feet around your

eyes and

facial and body skin wrinkles you look

like you're a little prune drying up

okay then of course there's the

varicose veins varicose veins

that's caused by an elastic fiber

breakdown then of course

parts of your body begin to sag under

your arms your breasts your bellies your
legs all this stuff starts sagging
and you can go to a cosmetic surgeon a
plastic surgeon if you want but
it's a lot cheaper and a lot more
effective and a lot safer if you just
take some
copper okay well dr cartwright may have
had a medical degree but he didn't have
expensive urine so he'd die to something
that even a turkey wouldn't die from
then here's one this fellow he was a
doctor's doctor dr martin carter he
almost made it he died at age
57 he got his medical degree from have
it medical school and his phd
in medicine from yale of course
he was autopsied by the best because he
was a doctor's doctor he said
quote the cause of death was a ruptured
aortic aneurysm said dr jules hirsch
the rockefeller university hospital
unquote what did he die from
copper deficiency see he didn't have
expensive urine either
then here's an attorney she was so
famous she was from detroit age 44
ellen joyce alter she was in the new
york times obituary she made the big

time

and of course she probably had steel

buns because she belonged to one of

those private health clubs

all these gals want steel buns you know

doing their little exercises

but she didn't have expensive urine

because she died of a ruptured cerebral

aneurysm

when they don't do an autopsy the

symptoms could be called a stroke or

subdural hemorrhage but very frequently

they're caused by a ruptured aneurysm

which is a copper deficiency she didn't

have expensive urine

how many of you here have ever heard of

a guy by the name of stuart berger

stuart berger he he wrote five

best-selling books on health and diets

and nutrition

uh he got his medical degree from tufts

medical school which is a very fine

medical school

in boston not too far away from harvard

medical school

and the books he wrote included the

southampton diet for weight loss

he wrote forever young 20 years younger

in 20 weeks and how to be your own

nutritionist

and he died at age 40. how'd you like to
follow his dietary practices
he died at age 40 of cardiomyopathy
which is a selenium deficiency
the same causes white muscle disease or
our
stiff lamb disease and any farmer can go
to a feed store and get
selenium pellets or selenium injections
things like celatoc and bosey
and so forth and dr stuart berger a guy
who wrote five
best-selling books on nutrition died of
a nutritional deficiency
he didn't have expensive urine
now you can prevent totally prevent
cardiomyopathy for 10 cents a day
and if we don't do it we're malignant
dumb i like to call it your malignant
dumb if you don't take in 10 cents a day
worth of selenium it's a waste of your
life that's one of those landmines you
can avoid
the medical treatment of choice for
cardiomyopathy as a heart transplant
cause 750 000 dollars
i want you to think about that they get
the heart free from a donor
they get the blood free for the surgery

from the relatives
they use two dollars and fifty cents
worth of suture material
and they charge a seven hundred and
fifty thousand dollars for that
procedure
now six months ago in l a when they had
the earthquake they were putting people
in jail for 60 and 90 days for price
gouging for selling these terrified
people
a gallon of water for four dollars they
put them in jail for price gouging for
selling them a gallon of water for four
bucks
now to me that's entrepreneurialism you
know that's being in business for
yourself if you had a
a way to distill water and make water
and you had a car and you could get in
there and sell those people a gallon of
water for four bucks hey more power to
you
because if you go to a 7-eleven and buy
a quart of evian water it's a dollar
twenty-nine
so four of those courts is a five bucks
[Music]
kind of interesting isn't it they said
it was price gouging because those

people were terrified
well talk about a person who needs a new
heart they're terrified
750 000 we should put those doctors in
jail
but we bow to them because oh that's
high-tech medicine
out of 270 million people in america you
save about 50 a year
is that cost-effective i don't think so
i don't think so
any rate dr stuart berger didn't have
expensive urine here's the last one and
many of you may know this woman
her name is dr gail clark she was age 47
she was the chief cardiologist of the
west st louis county
group of hospitals she was the chief
cardiologist for the um
st mary's health center in richmond
heights in st louis county she's age 47
guess what she died from heart attack a
cardiomyopathy heart attack
you can just see her walking down the
hall she's got the stethoscope around
her neck you know this is their
little status symbol got my stethoscope
around my neck back when i was in school
they folded it up very

bravely and put it in their pocket boom
she falls down she has a heart attack
right in the hall
and of course the nurses scoop her up
and put her on a gurney and they call
the technicians in another doctor code
three code three
code blue whatever it is and they whip
her into the room
and you can hear them let's say you're a
cardiac patient you're laying there
you're all hooked up to the monitors and
the ivs and
and you hear them say okay tear clothes
off
okay stand back didn't work turn it up
stand back
and then you hear that terrible sound
when you know that the
treatment didn't work
the flat line when you know the heart is
gone and everybody walks out of the room
dejected and you say
nurse nurse what happened next door and
she says well
your cardiologist you know the chief
cardiologist at this hospital age 47 dr
gail clark
just died of a cardiomyopathy heart
attack you can see all the patients are

holding their gowns
and they're running out of that hospital
leaving their watches and their shoes
and their
checkbooks and everything they're
plastic credit cards because they don't
want to get what dr
gail clark got to me the reader's digest
is a magazine that never says anything
negative or bad about anybody or any
group
it's the sweetest little magazine that
ever was the september 1993
issue features an article that says can
you trust your doctor
it lists 12 ways the doctors scam your
money now let you read 11 of them
yourself i'll give you the worst one
in addition to their income from office
fees and surgical fees and lab fees and
hospitalization
in addition to all those fees doctors
get a kickback from the labs and the
the x-ray labs and clinics and hospitals
they get a kickback of 421 dollars every
time
they send you in for a cat scan or an
mri
and doctors tell you oh we do that

because we're practicing defensive
medicine because if i miss something
you know one in 10 billion you're gonna
sue me so i do this
just to protect myself well if it was
just to protect themselves and you knew
them and they knew you
ninety percent of the people say oh just
skip it doc if you don't really think
it's necessary let's save the money
but they got something more than
defensive medicine to worry about
they get 421 bucks in a kickback for
every time they send you in
for an mri or a cat scan well when i
practice for 12 years up in portland
somebody come to me with a terrible
headache
never had one i'd just walk up to them
and tap them on the sinuses and if they
collapsed to their knees i know they had
a sinus headache oh doc why'd you do
that well i just wanted that's a cheap
lab test you know
then if they had thank you
if they had blood dripping out of their
nose
if they had blood dripping out of their
nose it'd take a 35 x-ray to see if they
had a cancer in there

35 bucks and a free lab test as opposed
to 421 bucks
if i wanted to make that 421 bucks i'd
have been a good thief
what i'd have done i had to build a
shoot right into that cat scan machine
because i knew how to build shoots
living on a farm and i'd have gone out
in the street and i'd got every homeless
person i'd line them up in them shoots
and i'd put soup and a big mac at the
end of that tube you know
and i say i'm going to get buy you a
dollar fifty dinner i'm a good guy i'm
gonna buy you a dollar fifty dinner you
just gotta go through this shoot go
through that tube and you get your
sandwich and your soup man they'd be
flowing through there maybe a hundred a
day
and i could start adding some things up
it'd be a lot of fun
anyway the average doctor gets 228
660 dollars a year in cat scan kickbacks
a quarter of a million dollars a year
and any other industry if
you do that politicians
lawyers businessmen
stock brokers they get put in jail

but doctors it's okay
because insurance pays for it hillary
will pay for it we don't mind if they
steal his blind
it's free well i remember i told you i
was going to tell you about pica
pika is a funny disease p-i-c-a i'm not
talking about the type style
that you see in typewriters and
computers but pika is a disease that
farmers know about
in horses it's called cribbing when they
chew on the feed bunk the wooden feed
bunk
you know you better give them some
minerals otherwise they're going to eat
that feed bunk
also uh in cattle dairy cattle
especially they're losing lots of
minerals through their milk
all the time intense of milking you'll
see them picking up big rocks in the
creek and chewing on them or they'll
chew on barbed wire or maybe you'll see
them walking
down through a path with a deer bone in
their mouth or something or a shingle
that's called pica and a good farmer
husband dreamer knows you better give
them some minerals otherwise they're

going to eat the barn or something
in human beings we see this at funny
times pregnant women are notorious for
pica
uh in the middle of the night they'll
elbow their husband and say hey you
better get up i want some
pickles and ice cream they're craving
minerals because that fetus is pulling
minerals out of their body
they need some more minerals and so it's
it's recognized as a craving for things
like
sweets and salt and so forth we see this
in pregnant women i used to have people
come to my practice and they say doctor
i need to go see a shrink i said why is
that
well i wake up in the middle of the
night and i go outside with a spoon and
i eat dirt
and no that's okay just make sure it's
clean dirt
then they say my kid sits there with a
kitty litter box between his legs and
he has a spoon and he's eating that
stuff out of the kitty litter box
and then in housing projects little kids
will eat lead paint

off the walls and they get lead poison
get learning disabilities and bone
problems and anemia
we're good so we spend five million
dollars to scrape the lead paint off of
there and repaint it with latex paint
and all we have to do is give those kids
10 cents a day worth of minerals be
better for them and save us 5 million
bucks
it's your tax money and if we allow them
to throw them away
those dollars is kind of interesting any
rate
if you have a selenium deficiency and
you don't want to wait until you
get cardiomyopathy and drop dead from a
heart attack to recognize it
if you look on your hands and look in
the mirror in your face if you have
liver spots or age spots and i see
quite a few from here you have an early
selenium deficiency that's called free
radical damage
and fortunately for you if you recognize
that and you start taking in some
colloidal selenium in four to six months
those will all go away
you'll reverse that in four to six
months and when they go away on the

outside they're going away on the inside
and your brain and your heart and your
liver
and your kidneys and if you have low
blood sugar how many in this room
have low blood sugar anybody in here
have low blood sugar okay about ten
percent
how many of you ever seen a hyper active
kid who gets on sugar
okay about everybody in the room people
who have sugar problems
are like alcoholics there's good ones
and bad ones
you know the good alcoholics are one
when they get two drinks they just go
off in a corner and go to sleep right
same way with somebody with low blood
sugar they eat a big meal or they eat a
piece of pie three hours later
they clunk out and go to sleep then
there's bad alcoholics they're the one
that gets two drinks in them and they
get violent and raged and they want to
fight everybody
they punch holes in the wall you know
big brave fellows and they kicked their
wife and kicked the dog and take the
chainsaw and cut their neighbor's tree

down and
all these wild things and drive reckless
down the roads and kill people
those are the bad drunks well people who
have blood sugar problems there's bad
blood sugar people too
be a little crazy okay i don't know how
many of you remember the twinkie defense
right remember somebody murdered two
people and he claimed he ate a twinkie
three hours before he murdered him so
they let him off because he got
temporarily insane every time he ate
sugar
now don't any of you try that
well chromium and vanadium deficiency
will result
in these sugar problems low blood sugar
and if you let it go on for any length
of time you develop diabetes
chromium and vanadium in a tin
deficiency the early symptoms of a tin
deficiency
are male pattern baldness i see a lot of
tin deficiency in this room
yes and if you let it go on for any
length of time
you get deafness then there's a boron
deficiency and you gals should know
about boron

because it helps you keep the calcium
you take in in your bones so you don't
get osteoporosis
boron also it helps you make estrogen
it helps you fellas make testosterone if
you don't take in
enough boron you ladies are going to
suffer miserably
going through menopause okay you're
going to have all those terrible
symptoms
you fellas don't get enough boron can't
make testosterone you won't know whether
to lead or follow on the dance floor
you're going to be confused
she's saying he's got a boron deficiency
then in laboratory oh i should tell you
too we said this on the show today those
of you may not have heard it some of you
didn't hear the whole show
the first symptoms of a zinc deficiency
is you lose your sense of smell and your
taste
say oh you know food just doesn't taste
good anymore and you don't have a cold
or anything like that you say
your wife says well aren't you excited
about dinner i spent the whole day in
the kitchen cooking dinner i said well i

didn't smell anything when i walked in
you know he's got a zinc deficiency
on laboratory animals there's some seven
rare earths these rare earths are trace
minerals you need in
lesser amounts than you need trace
minerals and they actually double the
lifespan
of laboratory animals they've not been
proven in humans yet
but i'm not going to wait 500 years for
doctors to approve it they're still
arguing over vitamin c
and calcium right so i'm just going to
do it didn't kill any laboratory animals
just doubles their life and it's not a
drug
these rare earths are called lanthanum
prasiodimium neodymium sumerium
europium yider beam and thulium there
must be a reason why they're
named after old testament cities well
remember i told you we needed 90
nutrients
we need 60 minerals we need 16 vitamins
12 essential amino acids and three
essential fatty acids
of course we're lucky in that plants as
a group can make most vitamins amino
acids and fatty acids

plants can do that because they just
take carbon out of the air and make
carbon chains to make vitamins amino
acids and fatty acids
but you have to eat 15 to 25 different
plants a day in the right combinations
to make this happen theoretically it's
possible that most americans don't do it
the average american thinks if they eat
some potato buds out of a betty crocker
box or eating a vegetable
okay so you got to be careful what
you're considering a vegetable
then of course people want to do right
by their doctor and they eat low-fat
turkey breasts and they put a half a jar
of mayonnaise on there
and they put it between two slices of
wonder styrofoam bread
remember that stuff you can insulate
your house with and put your shoes when
you get a hole and shoe
i remember when i was a kid 50 years ago
it was a lot of fun because we have
wonder bread we didn't have tvs back
then on the farm we didn't even have
dryers that went round and round so the
only thing you could do in the
wintertime was

sit in the kitchen and wander to loaf of
wonder bread and
had the blue and red and green yellow
balloons on there
and if you read the labels many times as
i do you know it said things like
helps build bodies at 12 ways and about
15 years later the fda made them change
it to help build your body eight ways
now if you go to the store and look at
wonder bread
wrappers it just says wonder bread so it
kind of gives you a clue
so even though this is theoretically
possible it's not likely to happen that
you're going to get your vitamins amino
acids and fatty acids in proper
proportions
from your diet and so if your life is as
valuable to you
as mine is to me and my children's my
grandchildren's
is to me i would make sure that i take
in all my vitamins and amino acids and
fatty acids because i guarantee you
won't make it to 120 or 140 if you don't
you're just not going to do it now
minerals are another story we have a
tragic story when it comes to minerals
because

plants cannot make minerals in any way
shape or form and if they're not in the
soil anymore they're not in our plants
we have for you when you leave a free
copy of a summary of u.s senate document
264.
u.s senate document 264 is from the 74th
congress second session
and it says that our farm soils and our
rain soils are depleted of minerals and
the crops the grains the fruits and the
vegetables and the nuts that are grown
on these depleted farm
and rain soils are minerally deficient
the people who eat them
get mineral deficiency diseases and the
only way to prevent and cure them is
with mineral supplements as u.s senate
document 264 74th congress second
session
it was written and printed by the us
congress
in 1936 58 years ago
you think it's gotten any better no it
has not gotten any better it's only
gotten worse
and the reason is if you guys do what we
did and people continue to do
is we put npk on our land nitrogen

phosphorus potassium and you see it
as these three numbers and many
combinations of
ratios and these represent percentages
of these three nutrients nitrogen
phosphorus potassium
and those of you who don't have any
experience on farms the reason why we do
this is farmers get paid for tons and
bushels
there's no subsidy that encourages
people to put 60 minerals back in the
soil you get paid for tons and bushels
and for 40 bucks an
acre you can get the maximum yield in
tons and bushels
it only takes five to ten years to
deplete the land of minerals
because every time you harvest a crop
those plants pull minerals out of the
soil many
pounds per acre every time you haul a
crop out
so soon those minerals are gone and if
you only put back in three and you take
out 60
it's like a checking account if you only
put three bucks in your checking account
every month and write checks for 60
what's going to happen to your checks

boeing boing boing they
bounce exactly well i can tell you that
our health is bouncing right now to the
tune of 1.2
trillion dollars a year because there's
no more minerals left
in our soil it's our responsibility each
and every one of us to be responsible
for our health
and consciously take in these minerals i
have a lot of people ask me what did
these people do
thousands of years ago they didn't even
have commercial fertilizers what did
they do
these societies that had long-lived
people and whatnot i want you to think
about the egyptians the chinese
people from india that lived around
these great rivers the nile river the
ganges river
the yalu river in china and what used to
happen was every year or so would flood
just like it did here in northern
missouri
last year and every time it flooded
guess what would happen it would bring
silt or rock dust from mountains from
500 or thousand miles away

and those people would pray to every god
they had the water god the sky god the
wind god the rock god
to flood we pray don't flood they used
to pray to flood
because they had their floods during the
winter time and would put silt and
minerals back in the soil and their
grain was very valuable
king philip who is the father of uh
alexander the great married the 12 year
old child
queen of egypt cleopatra she didn't look
like elizabeth taylor all made up in
beautiful costumes
she was a little flat-chested teeny
bopper not very sexy
but phillip married her because she
controlled the best wheat in the world
and if he wanted his macedonian army to
conquer the world
through his son alexander the great he
needed the best wheat in the world so
you could march
20 hours a day fight for six hours and
win
if they used the wheat from the depleted
soils in greece they couldn't go
20 minutes without saying mommy pick me
up can you imagine these big greek

soldiers oh my legs hurt pick me up
and so they knew the best place to get
wheat was from
egypt it was those floods that gave them
those minerals and all those cultures
that came up with all the great art and
all the great technology came from those
p
places because they had more
intelligence because they had more
nutrition more minerals i heard somebody
say very good
we're getting the picture well what i'm
going to do here is i'm just going to
pick out a couple of minerals
just a couple of them so you get the
idea it applies to all of them
let's just pick out a common one like
calcium everybody knows about calcium
calcium
deficiency will result in something like
147 different diseases
they're just different names they're
named after people like bell's palsy
belle's palsy is you know everybody
knows about that one side of your face
sags it's not as true stroke it just
affects your facial muscles
it's caused by calcium deficiency we'll

talk about in a little bit
but everybody knows about this one
osteoporosis
it's the number 10 killer of adults in
the united states it's very expensive it
costs you thirty five thousand dollars
each for each hip to replace
it's okay it's free insurance or
medicare or hillary will pay for it
it costs you seventy thousand dollars
for both hips as expensive
as it is and number 10 killer remember
mrs skeets from radford virginia age 115
years of age she died of
complications of a fall we don't have
osteoporosis in animals and it's because
of farmers we don't have osteoporosis in
animals
goes like this you have a a pasture with
a hundred cows in it
and this year you didn't have any calves
you can't repay your operating loan
you're in trouble
right because you paid for the feed and
the vet bill and mowed the pasture and
fertilized and maintained the fence and
fed the cows and all this and the other
you don't have any calves you can't pay
back the opera
operating load and make any money so you

call the vet out and you say do i get
rid of these cows what happened here and
he examines the cows there's nothing
wrong with them
he says let me look at the bull he said
aha here's your problem that bull has
osteoporosis of
both hips can't breed the cows didn't
have any calves he said i'll tell you
what though
he says you give me seventy thousand
dollars he says i'll put two new hips in
that bowl next year you'll have some
calves well the first thing that farmer
says is stand back doc
boom he blows that bull away with a deer
rifle
and while the kids are grinding the kid
the kids are grinding the bull up
with a grinder and cutting roasts and
steaks off that bull the farmer's
chewing on a straw and saying now doc
pushes stetson up a little bit and he
says
you know he says you know i wasn't going
to pay you 70
000 for that old boy he said i get a new
bull every year for 70 years for that
he says but every once in a while i get

a bullet throws good calves i'd like to
keep him is there any way i can prevent
that osteoporosis thing for happening
to a good boy he says well yeah he says
if you'll give a bull calf 10 cents
worth of calcium
every day after he's weaned he'll never
get osteoporosis first
wait a minute doc you mean if i give
that bull 10 cents a day worth of
calcium
from the time he's weaned i can prevent
a 70 000
disaster oh yeah it's that simple he
says you mean all i have to do is give
up a half a cup
of coffee a day to do that he says yeah
that's it he says i choose that one
he says i'll give up the half a cup of
coffee and that's what we have to think
like
okay then there's receding gums
dentist and periodontists will tell you
that if you want to prevent and cure
receding gums you better floss and brush
after every meal
if you believe that works i have some
oceanfront property in montana to sell
you
if you all know your geography you know

that doesn't work

now as a veterinarian i've seen hundreds

of thousands of animals of all kinds

mice rats rabbits dogs cats sheep pigs

horses lions and tigers and bears and

they don't get receding gums

and they don't floss now they do get

funky breath but they don't get receding

gums

well if you want to smell something you

just let a camel

breathe on you boy

well the reason we don't have receding

gums and livestock is because

we've dealt with the osteoporosis

problem receding gums is not a

deficiency of flossing it's in fact

osteoporosis of the jaw bones and the

facial bones so if you have gingivitis

or receding gums

you have advanced osteoporosis those

bones around your teeth are melting away

a little bit by a little bit every day

and if you take your teeth out at night

and put them in a glass next to your bed

and that fizzy stuff

you have major advanced osteoporosis

because all your bone

has melted away okay then there's

arthritis

we talked about that a little bit

earlier remember the chicken cartilage

of the knox gelatin

85 of all arthritis is caused by

osteoporosis of the joint ends of the

bone you're talking about degenerative

arthritis osteoarthritis sciatica

lumbago rheumatism

all those sorts of things they're caused

by osteoporosis of the joint ends of the

bones i want you to think about

something for a minute

if you don't take a pain reliever or an

anti-inflammatory for that arthritis

let's say you get arthritis of the hips

you're going to kind of favor that a

little bit aren't you you're going to

get a cane or a walker or

crutches you're gonna favor it and so

you don't put any weight on it

i want you to think about that for just

a second because then i want you to

think about driving your tractor in a

field or you're driving a mercedes down

the highway either one doesn't matter

whichever you love more and um

let's say you didn't put the nut on that

oil pan real tight and all the oil

drained out

and that light on the dashboard comes on
says i'm getting hot you better give me
some oil
and that light irritates you so you stop
you open up the hood you get your
clippers out you know your fence
clippers and you
clip the the wire to that light you
close the hood and you just keep driving
would you do that to your tractor your
mercedes no you wouldn't
but we take those pain relievers for
arthritis and we go out there and square
dance
and do the texas two step and do our
five mile walks in our aerobics
that pill works real good doc because it
killed my pain
and you're just wearing that thing off
faster and faster
then your doctor is really going to get
rich because you need
joint replacement surgery then there's
hypertension this is one of my favorites
so i'll put a star over here
hypertension is high blood pressure
what's the first
nutritional thing that a doctor will
tell you to give up nutritionally when

you get high blood pressure give up
salt everybody knows that one has been
ingrained in our head
well they must think we're dumber than
cows because what's the first thing you
put out for your livestock is about that
big
a salt block no farmer is going to be
economically viable if you don't put a
salt block out for your livestock
they're going to die
kind of your veterinary bills are going
to go crazy but we're supposed to
believe that we don't need salt you can
get everything you need out of your
lettuce and your whole wheat bread and
stuff like that
well don't believe that one either if
you believe that i got some more
oceanfront property in montana for you
remember those long-lived people put a
big chunk of rock salt the size of a big
black concord grape and every cup of tea
and they drink about 40 cups of tea a
day because they live at high altitudes
where it's very dry
they have to keep hydrated and they put
butter
in their tea they put two pats of butter
and a chunk of rock salt

they don't put the pink stuff or the
blue stuff or skim milk
or what does he call it cremora
or whatever it is okay guys
guess what the doctors who live to be 58
tell you no salt no butter
the people who live to be 120 they put
in butter and salt
so you've got to make some choices well
they took 30 million dollars your tax
money
and two years ago after a 20-year study
they came out and said that they took
five thousand people with high blood
pressure they took them off their
medication
and put them on a reduced salt diet a
restricted salt diet
and they all died no big surprise but
somebody got a phd degree and everybody
was happy right
but when they looked at this results
they said that oh only
99.7 percent of people didn't get any
results
from that before they died 0.3 percent
did get some result drop their blood
pressure one point before they died by
restricting their salt

so the referees who judged that article
said oh doesn't matter you might as well
let high blood pressure patients
eat salted peanuts and dill pickles and
salt their food to taste because it
doesn't matter
in fact worrying about the salt is more
stress than taking the salt
then they had a control group with five
thousand people with high blood pressure
and they doubled their rda of calcium
and they stopped the experiment in six
weeks because 85 percent of them were
cured of their high blood pressure just
by doubling their calcium intake
now they didn't cold turkey stop their
high blood pressure medication
but what they did was they went to the
doctor and says you don't need this
medication anymore
what are you doing well i'm on this
experiment where i double my calcium
intake
anybody get a recall notice from your
doctor saying it's okay to salt your
food to taste and
please do double your calcium intake
anybody get that
not a single one that's very interesting
then of course

there's insomnia that's where you roll
around all night and you get your
you wake up in the morning you're more
tired when you went to bed that's
insomnia of course doctors have two
treatments for that they have
halcyon which is a sleeping pill and
they have barbiturates
they kill about ten thousand people a
year with overdoses of those things but
that's okay
it's a prescription and they're watching
out for us and remember
remember uh george bush when he went to
japan they gave him some helsion so he
could sleep on the way to japan because
of the
time difference and when he woke up one
of the the side effects of halcyon is
nausea and vomiting
i don't know how you say it in japanese
but it was very dramatic on world tv
right not very presidential
and so i'm sure that's why he lost the
election because he puked over that
japanese ambassador
and then of course there's kidney stones
and then there's a bone spurs heel spurs
and calcium deposits again physicians

will tell you
the first thing to give up nutritionally
is calcium and dairy because they have
this foolish belief
the stupid belief the ignorant belief
that the calcium
in kidney stones bone spurs heal spurs
and calcium deposits come from
your diet when instead it only comes
from your bones when you have a raging
osteoporosis
and when you get these things you need
more calcium not less
then there's cramps and twitches you
wake up in the middle of the night your
foot is all cramped up around your neck
you say lord take me from the knee down
i'm not going to make it till morning
we've all experienced that that's very
common
then there's pms premenstrual syndrome
you know the emotional and physical
stuff the medical treatment of choice
for pms
is what we call a hysterical ectomy it's
been shortened to hysterectomy
that's a hundred year old treatment that
doctors do about 285
000 unnecessary hystericalectomies a
year but it makes mercedes payments so

they do them
even the ama said they're unnecessary
but they don't take their licenses away
and people keep going to them you
imagine a poor woman in her 30s
she says doc you got to do something
every time i go out to hang up the
clothes
my neighbor's kids run down the basement
screaming which my own kids think i'm
crazy my husband's leaving me i'm going
to lose my job you got to do something
well the university of california san
diego came out three years ago now and
said if you just double the rda of
calcium intake
you get rid of 85 percent of the
emotional and physical symptoms of pms
and when that came out there were huge
lines around the health food stores
around the blocks and people had sleep
in bags
because they closed before they all got
their calcium and every person in line
was a man
they were there for their daughters and
their girlfriends and their wives and
things like that
okay and lastly is low back pain

85 percent of americans get low back
pain whether you work on a computer or
you unload
hay or you drive big trucks doesn't
matter low back is a big problem
low back is just osteoporosis or the
vertebrae whether you have a disc
problem or whatnot
because if your disc doesn't have
anything to hold on to
your vertebrae melted away what's going
to happen to the disc
especially if you have a copper
deficiency because they're made out of
elastic fibers
they go like a water balloon with a lot
of pressure on them
well i just want you to look at this
quickly before we do the last mineral
low back you go to an orthopedic surgeon
or rheumatologist you might get a
muscle relaxant you might get valium and
a muscle relaxant you get a
laminectomy you get your vertebrae fuse
you might get a disc operation they
don't tell you 75 percent of time you'll
never be the same again
right pms you go to your ob gyn
you can go to an internist you can go to
a family counselor a shrink or divorce

attorney

cramps and twitches you go to a

neurologist you go to a sports medicine

doctor an internist

bone spurs heel spurs calcium deposits

you go to a rheumatologist

an orthopedic surgeon or a podiatrist

kidney stones you go to a urologist an

internist or a surgeon insomnia you go

to schranker

a sleep clinic or an internist

hypertension you go to a cardiologist an

internist

or a surgeon arthritis a rheumatologist

a orthopedic surgeon an internist

receding gums you go to a dentist or

periodontist

osteoporosis you go to all those health

specialists including a tum salesman

for nothing more than a calcium

deficiency it costs you 10 cents a day

to deal with

now on the average because americans

have insurance and we have medicare and

medicaid

we spend on the average twenty five

thousand dollars to two hundred and

fifty thousand dollars

and we undergo five to ten surgical

procedures a year
for a calcium deficiency and we beg the
doctors to do it
we beg the doctors to do it well it's
our choice
the last one i'll share with you is
diabetes
everybody's touched by diabetes it's the
number three cause of death in adults in
the united states
number three cause of death and it has
terrible complications and side effects
diabetes
the side effects include blindness of
many kinds
then there's a kidney failure with
dialysis and kidney transplant there's
cardiovascular
disease of all kinds and of course that
contributes the number one cause of
death
which is the number one cause of death
uh then there's amputations everybody
ought to have one of those because
they're totally paid for
in their health thing because they
assume that you're not just going to get
one because you want to get everything
on your health benefits
and then you shorten your life because

if you have diabetes on the average
you have a shorter life span than
someone who doesn't have diabetes now
we learned in 1957 in the animal
industry that we could prevent and cure
diabetes with two trace minerals that's
a pretty profound statement that we
could prevent and cure diabetes with two
trace minerals in 1957 and animals
it was published in federation
proceedings which is the official
journal of the
american science the national institutes
of health
the official monthly journal was august
1957
well the two trace minerals that you can
get to prevent and cure this
are chromium and vanadium vanadium alone
according to the university of vancouver
british columbia medical school
vanadium alone will replace insulin
in adult onset diabetics which represent
85
of all diabetics of course they can't
quit their insulin cold turkey they got
to gradually wean off of it
takes four to six months for most people
to slowly wean off of insulin if they're

taking in
adequate amounts of chromium and
vanadium i've seen it work on hundreds
and hundreds of people now to me this is
criminal
because if you write to uh hill's
packing company that makes science dot
dog food right over here in topeka
kansas i don't know if i'm pointing west
but
that way okay they're all saying that
way
topeka kansas so they manufacture
science diet dog food and other science
diet product high tech foods for animals
if you write them and say how many
minerals exactly is in science diet for
dog food they'll write you back and say
there's 40 minerals
you're right checkerboard square in st
louis ralston korean say just how many
minerals
are in your wrap pellets for laboratory
rats and they'll say there's 28 minerals
i'll give anybody in this room a crisp
new hundred dollar bill if you can find
me a human infant formula in a grocery
store that has more than 11.
so our dogs get 40 minerals remember
that's what mike murphy was saying his

dog never seems to get sick
because he's getting this canned dog
food with all these vitamins and
minerals in there
so our dogs get 40 minerals our rats get
28 minerals and our human infants get
11.
is that fair no that's called
fraud doesn't matter if you're talking
about
sma similac isomil prosoybe
in fact that's why they call similac
similac because it lacks everything
okay if i've convinced you that you have
to consciously take in
all the minerals yourself that you can't
depend on your food
and certainly can't depend on anything
that's boxed or packaged or bottled
there's three types of minerals that you
have to be concerned about one is
metallic minerals
metallic minerals are essentially ground
up rocks metallic minerals are things
like oyster
shell eggshell dolomite limestone uh
calcium carbonate clays of various kinds
mount marulinite clay
seabed minerals they're tums

they're only eight to twelve percent
absorbable when you reach age thirty
five to forty it drops down to three to
five percent
and i have to tell you a story here some
of you heard this on the show today
i ran into a guy at a meeting like this
up at grand rapids michigan
and this fellow owns a port-a-potty
business you know that's that green or
blue colored outhouse
man if we'd only had one of those back
when i was a kid we had these ones with
splinters you know and the
in the wood any rate um he said i see
some
something that describes that in my
porta potty business i said what's that
he says well we take those things back
to the shop to clean them out with a
pressure hose
he says we put a quarter inch grid
underneath them because kids throw rocks
and sticks and toys in there
and if we don't put a grid there it
blocks up the sewer system it cost us
thousands of dollars to fix it
he says every time we clean one of those
out we find hundreds
of vitamin tablets i said well how do

you know their vitamin tablets he said
well it's really easy
he says right on the coating it says
theragram m one a day centrum
he says come here he takes me out in the
back of the shop and there's this little
mountain
of all these vitamin pills he got out of
his porta-potties
that's because you can't absorb metallic
minerals if you read the labels on those
multiples they say
your iron it comes in the form of iron
oxide
what is iron oxide rust
you might as well just go out to an old
railroad track and take your butter
knife and scrape some of that rust off
and lick it
and you're going to get your iron
supplement that's what they're giving
you
well i'll show you how bad it is if you
take something like calcium lactate
which is a common metallic mineral
let's say it's a calcium tablet calcium
lactate a thousand milligrams
if you take two of those you're not
getting two thousand milligrams of

calcium in fact i have people all the
time say
well i took lots of calcium doc i hear
you on the radio talking about calcium
and arthritis and
i took two thousand milligrams of
calcium a day didn't help my arthritis
in fact it got worse
and so what kind of calcium you're
taking they said calcium lactate well
there's your problem
because only 250 milligrams of that is
metallic calcium
so let's say you absorb 10 percent of
that then the other 750 milligrams is
lactose or milk sugar
[Music]
so 10 percent of 250 is 25 so if you
take two of those tablets you're not
getting 2 000
you're getting 50 milligrams so to get
what you need you need to take 90 of
those tablets a day you need to take 30
with each meal and you got 59 more
minerals to go
then there's those people who want to do
things naturally let's see if you can do
anything good with 10 pounds of spinach
and let's be fair let's see if we get a
thousand milligrams of magnesium

i pick magnesium because in green leafy
vegetables you have a lot of magnesium
because of the chlorophyll right it's
part of the chlorophyll molecule
and any pound of anything you got 454
grams
and 10 pounds of spinach you got 4 540
grams
of which most of that 97 is water unless
you have one gram
of chlorophyll and that 10 pounds of
spinach there's 50 milligrams of
magnesium
you got to divide that into the thousand
you want you get a factor of 20 which
you multiply times the 10.
you have to eat 200 pounds of spinach
you got 58 more minerals to go
okay so you got to be a pretty big
person to accomplish all this
even as big as i am you can't get it
done so i preferred a supplement
rather than do those things then of
course during the 60s the agricultural
industry came up with
chelated minerals chelated minerals
because farmers aren't dumb enough to
pay for a dollar if something
goes into an animal's mouth and have 99

cents come out in the manure
so i have to really thank farmers for
being that clever
and chelated minerals are just metallic
minerals with an amino acid or protein
or enzyme wrapped around the
metal atom and increased the
absorbability to 40 percent
then the health food industry jumped on
that right away because it was a major
improvement in absorbability of minerals
the most efficient way to absorb
minerals is the colloidal farm
colloidal minerals are 98 absorbable
two and a half times more available than
chelated minerals and ten times more
available than metallic minerals
and they're very interesting they're
liquid they can only be liquid
can't be pills powders or capsules
they're very small
particle size are 7 000 times
smaller than a red blood cell and
they're negatively charged every
particle is negatively charged your
intestinal lining
is positively charged so you actually
have an electrical or magnetic gradient
that concentrates these minerals
around the lining of your intestine

these three things together give you the
98 percent absorbability
now plants have a very interesting part
to play in colloidal minerals
remember we said that plants cannot
create minerals they're not in the soil
plants can't make them
remember that u.s senate document 264
says they're not in the soil anymore
at any rate metallic minerals are taken
up by plants when they're in the soil
plants convert them
in their tissues to colloidal minerals
and this is how we store minerals in our
body this is how we use minerals in our
body
this is how we transport minerals from
the storage place to their site of use
in the colloidal farm well our plants
our crops don't have much in the way of
colloidal minerals in them because we
don't have any metallic minerals
in our soil is this important well yeah
these long-lived cultures who live to be
120-140
they have certain common denominators
they all live in high mountain villages
that are above 8 500 to 14
000 feet in elevation they all have less

than two inches of precipitation a year
they don't have any rain they don't have
any snow
they don't have any dew okay very very
dry
places and guess what they get all their
drinking water and all their irrigation
water for their crops
from what we call glacial milk glaciers
in every one of those communities grind
up the parent rock of those mountains
about four inches a year
there's more than 60 to 72 minerals in
each one of those places
the water that comes out from underneath
those glaciers is not clear like perrier
or evian water
or poland water or geyser water you take
a glass full of it up and hold it up it
looks like
jersey milk i mean it is either yellow
white or white blue
it looks like milk and is called in
kitty cocka see i got to say it again
and titicaca are tibet they all call it
glacial milk because it looks like milk
and not only have they consumed it
drunk it and got eight to twelve percent
until they were thirty five to forty
then

three to five percent absorption for
twenty five hundred to five thousand
years depending on the culture
more importantly they have irrigated
with it year after year crop after crop
generation after generation for twenty
five hundred to five thousand years
they have no diabetes they have no heart
disease no high blood pressure
no arthritis no osteoporosis no cancer
no cataracts no glaucoma they have
no birth defects they have no
jails full of drug addicts they have no
taxes they have no doctors
yet they live to be 120 140 without
disease are these colloidal minerals
important
you bet your life they're important and
every time you don't take them in every
day
you're chopping off a few hours or a few
days of your life
okay now most people are not going to go
to hanza or
tibet or titicaca
because we don't have kenmore kitchens
there or even saturn cars or tv
changers channel changers or electricity
they don't have

insulated houses they don't have central
heating or air conditioning
but what they do have is colloidal
minerals
this is dr wallach for the final message
information gives you the ability to
make decisions with confidence
i hope you've enjoyed my message by
giving your body the proper raw
materials every day
you'll be taking the necessary steps in
living healthier
and living longer make the decision to
take control of your personal health and
longevity program
today colloidal minerals are not like
antibiotics you don't get a prescription
which you use for 10 days
and then you're done your prescription
for colloidal minerals should only
expire
when your need for oxygen expires you
need to supplement your diet with the 90
essential nutrients each and every day
of your life
millions of people have heard my message
all across the world and have now
decided
to make the consumption of colloidal
minerals a daily ritual

just as there are many manufacturers of
aspirin there are now many manufacturers
of
vitamins and mineral supplements be sure
to get your liquid colloidal minerals
derived only from the very best organic
plant source deposits
colloidal minerals are the mineral
source our bodies were designed to use
not ground up rocks since you will most
likely be supplementing your diet
each and every day don't get caught
paying retail prices
my daddy always said why pay retail when
you can buy wholesale
one of my trusted colleagues will show
you how to purchase the highest quality
products wholesale
so you can save gob's money off the
retail price each year
[Music]
dr wallach is going to explain to you
tonight
not only about cardiac myopathy but many
other things
i pray that you listen closely and
carefully
because what you're going to hear may
save your life or the life of your loved

one

dr wallach in 1991 was nominated for the

nobel prize

he's had many many fabulous things in

his life

you

hello this is pharmacist keith abel and

i want to welcome you to my youtube

channel

now when i originally started doing

these videos my intention was to teach

folks how to

get control of their finances and to

teach them how to grow their income

to do like dave ramsey suggests and to

live a life of financial peace and

prosperity

but as a pharmacist i really felt like i

was missing a big piece of the

prosperity puzzle

that there was more to prosperity than

just the financial side of things

health and wellness have also to be

taken into consideration

i believe that prosperity is actually a

way of living and thinking

not just having more things or more

money to have time

and the financial freedom to enjoy life

at your own pace

to achieve personal growth and financial
security
without sacrificing family and health to
not
live paycheck to paycheck health wealth
personal development familial
fulfillment
and personal self-satisfaction all
blended together
in a balance and harmony the ability to
weather all storms of life whether
they're financial or physical
and to assist friends to cope with their
struggles
by coming alongside them and helping
them rise above the turmoil that life
throws at all of us
i think prosperity involves three things
money earned in a way that aligns with
your inner self and your values
happiness which encompasses your health
service to others
and growing key relationships and
sustainability which is
a method of making money so you can
prosper
increasing your health and your
well-being for the long term
now there's no guarantee that rising

early or eating the right things
and getting a good night's sleep will
make you rich but the research shows
that it does set you on the right track
for success
after all what good is your wealth if
you're in poor health and what good is
your health
if you've got no wealth i want to be on
that journey with you
which is why i've created this this
channel uh
in this uh these videos i want to help
you uh
to be there with you and to help you
have a better physical health
and and share with you what i've learned
over the past 25 years as being a
pharmacist
using nutrition and supplementation to
reduce our needs for the dangerous
pharmaceutical drugs
i want to share with you what i learned
in the financial services industry
how to get out of debt and achieve
financial peace and i want to help you
along with your
emotional well-being as well as uh cover
you know personal and professional
development

topics now we're going to cover a lot of
ground through these episodes
and i hope you walk with me let this
video channel this youtube channel be
your
prescription for health wealth personal
development
familial fulfillment and your overall
personal self-satisfaction today i've
got a special guest dr
joel wallick in this episode dr wiley
and i talk about blood sugar issues
nutrition and supplementation and how
all this is connected to
bring better health and personal
well-being after all like i said before
what good is your wealth and your
prosperity if you have poor health
oh by the way if you find value in this
episode please share it with your
friends
also hit the subscribe button then be
sure to hit the bell symbol and select
all
so you'll be notified when a post in the
in the future is
is put up so you don't miss anything so
let's get on with today's show
hello everybody this is pharmacist keith

abel with the campaign for nutrition

uh podcast i wanted to uh welcome you to

the show today

hello everybody i've got a special guest

again today dr

joel wallick he's a a veterinarian

a pathologist a

physician he spent what 50 years now

in research of nutrition and how it

helps with

uh you know disease prevention

and before we get started i want to read

a disclaimer

a bit of the fda and the ftc and

everybody else wants these disclaimers

nowadays so

i just want to say the food and dietary

supplement products sold by youngevity

are intended to contribute to the daily

diet and overall health and are not

intended for use in the prevention

treatment mitigation or cure of any

disease or health-related condition

individuals who have or suspect that

they have an illness

or who wish to commence a diet or

exercise program

should consult with an appropriately

licensed health care practitioner

for a medical history evaluation

diagnosis
treatment and health recommendations so
got the legal part of it out of the way
like i said i am a pharmacist i've been
studying uh nutrition and its role uh
in uh disease mitigation since i
became licensed in the pharmacist
actually started before then
but uh what we're going to talk about
today a little bit
is the number one killer
or top three anyway uh
in the united states and one of the uh
for the state of kentucky it's one of
the top diseases
and we're going to talk a little bit
about diabetes and and
sugar issues i wanted to
bring up an article real quick that was
posted by the fda
on may 29th they have now recalled
another drug this time it happens to be
the number one selling diabetic drug
metformin the extended release version
of it
so i suggest if you want more
information about that to go to the
fda's website
and look at drug recalls and all the

information will be there with lot
numbers and everything of what's been
recalled
anyhow let's get on with the show dr
walk
how are you sir fine thank you good
morning pharmacist keith
good morning to you uh one of the things
that i
wanted to talk about is
diabetes and blood sugar issues and
the things that cause it and then later
on
some things that we can do to improve
the situation and help people
reduce the necessity for some of these
dangerous pharmaceutical drugs
so i wanted to start out with the the
basics
uh this goes all the way back to your
very first
cd or cassette tape rather uh
dead doctors don't lie and it's the the
fact that
diabetes is driven by a mineral
deficiency
so let's let's start there okay well
thank you pharmacist keisen yeah dead
doctors don't lie that's still true
today

all right is the only time they want
lies when they be dead
um you have to appreciate there's two
types of diabetes
98 of the diabetics are type 2 it's a
simple
nutritional deficiency disease it's not
genetic in any way shape or form even if
you have five generations your family
with it
it's how you eat what you eat where you
live and so forth
so the nutrients aren't they're
available in certain areas and so
there's a high rate of diabetes
two percent or less of diabetes is type
one
which is a birth defect it's not a
genetic birth the effect but mama's
missing stuff
um in the early stages of pregnancy when
the beta cells are being formed in the
eyelids of langerhans pancreas
and so there's very few or none of the
beta cells
which make insulin in in their islets
langerhan
and so they have to have injectable
insulin

okay no matter how much nutrition you
give them they cannot make
insulin because they don't have the
cells to make it because mama was
missing
a nutrient when those cells were forming
in the embryo it's a
non-genetic birth defect okay
and just kind of like a cleft palate
it's a non-genetic birth defects okay
same principle
then 98 as i said of
diabetics are type 2 diabetics which is
a simple nutritional deficiency
there's two nutrients they're both
minerals and you can either have
a deficiency of one or the other or both
okay i can take people pharmacist keith
who are i mean brittle diabetics they've
gone blind they've had their feet
amputated they have every
complication diabetes you can think of
for 30 years
and i put them on this program
in 30 days our next diabetic the doctor
throws his hands up and says
i don't know you're here for your
regular monthly exam and everything's
normal
here i don't know why but you're not a

diabetic anymore

now the fascinating thing to me is they

never say sit down tell me what you're

doing

if anybody's sharing this with you i

want to know who they are listen to

three ways so i get this the rest of my

patients they never

never never do that okay

and so this is why we don't have

diabetes in pet animals

because in their dog food their cat food

their monkey pellets and all that kind

of stuff we put these nutrients in there

so they don't get diabetes it's just

that simple

and so and of course there's all kinds

of other

things that go along secondary things

that go along with diabetes

kidney failure and so forth which is due

to really a

artery problem and we can deal with that

we we take people that haven't urinated

their diabetics and they haven't

urinated

in 10 years they're on dialysis six days

a week plus a diabetic medication

injectable visa and in two weeks time

they're urinating again
and in six weeks time they're totally
off all their medication
and so these are simple nutritional
deficiency diseases
you're talking about the deficiency uh
where does this deficiency come from you
know how
you know if we're good if we're eating a
good diet why are we not getting all the
nutrition we're supposed to be getting
okay well see a doctor will lie to you
this is one of the things i said
doctors don't lie right the doctors say
oh don't waste your money on vitamins
and minerals you're just wasting your
money pain in the neck
just eat well you're going to get
everything you need okay
that's an absolute 100 lie plants only
need three elements from the soil
to make good seeds from the next
generation that's why commercial
fertilizers
only have those three elements in it
okay and there's a you know the long
story
the short version a long story is
um when people would get these problems
uh they'd say well eat better and you

know avoid this and avoid that they
might show a little benefit but it
really didn't
equate to solving the problem well it
turns out
that these nutritional nutrients that
are missing when you have type 2
diabetes 90
of the diabetics are minerals and
nutritional minerals do not occur in a
uniform blanket around the crust of the
earth that current veins like chocolate
chocolate ice cream they occur in
veins like gold and silver or veins like
coal
and no matter how well you eat it'd be
the same as your mechanic telling you
don't waste your money and time putting
oil in your car you're just wasting your
money
get some dirt from texas and oklahoma
and put in your car there's bound to be
some oil in there
now even an insane person would laugh at
that mechanic and run around town
telling everybody what a nut that
mechanic is because he wants to put dirt
in your car instead of oil
okay that's the equivalent okay

and so the other issue is let's say
those nutrients are in the solemn where
you live
and the rate of of diabetes is lower
there
than it is in neighboring counties or
the next state over whatever
because you're getting some of those
nutrients in your food
but the other issue is absorption um
there's a substance hard grains like
wheat barley run oats you know oatmeal
for breakfast
right um a cream of wheat
um the breakfast of champions wheaties
all that kind of stuff
a pancakes waffles french toast that's
all gluten gluten gluten gluten okay
and gluten causes damage to your
intestines those little finger like
villi
when you cut a body open if the
intestines are healthy
the lining of the small intestine should
look like a shag rug with a little
finger like villain
but if you've been eating gluten all
this wheat brother ryan notes even beer
is made from wheat broth around oats
unless you're drinking beer from japan

and china made from rice which is okay
um those villi go away you lose 97
90 percent of the absorptive surface
your intestines and the surfaces left
should be
moist mucosal like the lining of your
mouth
to to have efficient absorption well
when you lose your villi that lining of
your intestine now
is like a garden in the lining of a
garden hose and it's like canvas or
or leather or something like that and so
you're down to where you're not going to
absorb much of anything
well i'm 50 pounds overweight well
calories are tiny little
particles you're going to absorb
calories but you're not going to absorb
nutrients so
you have diabetes well there's type 2 or
type 1
you want to get rid of all the bad stuff
no fried foods no processed meats no
oils no glutens no wheat broth around
oats
and in any way shape or form you cannot
have one cheat day
per month you cannot have one cheat meal

per week no no no you got to be
obsessively in everybody in your
household dog cat bird fish
partner spouse roommate kids everybody's
got to be obsessively gluten free
and then you take per 100 pounds of body
weight you take one of our healthy blood
sugar pets
and take your fasting blood sugar and as
your blood sugar begins to drop
by the numbers you can reduce your
medication don't cold turkey off your
medication you do it based on the
numbers
no you do it based on the numbers and it
can happen
in anywhere from two weeks to two months
that
if you're doing everything right and
you're absorbing you're taking the right
dosage
you will see a reduction in your blood
sugar levels
and you can reduce your medication and
but you have to stay on the program
forever because how long do you need
oxygen pharmacists keith
forever yeah well that's how long you
need these nutrients
now people ask me well why don't you

tell me what that mineral is

i used to do that 50 years ago i used it

i was so excited

it's this mineral it's this mineral and

people would run to the store and they'd

buy that mineral and then three months

later they were dead

because they would drop off their

medication and they'd take that one

mural and they were dead

yeah they'd say well how's frank doing

well he died two months after he started

your program what do you mean he died

well yeah he got that mineral he started

taking it and he died

well did he take all 90 no

he just took that one he didn't want to

spend two bucks a day

and he could get that mineral where he

could get it for like 10 cents a day

well that's why he's dead because you

need all the cofactors

okay because all of our tissues need the

90 essential nutrients not just that one

yeah that's where i see in the

pharmaceutical world

you know they'll they'll come out with a

study that says

this vitamin or this mineral does

absolutely nothing
but they're not ever combining it with
all the other cofactors that it needs
in order to work optimally and they're
also usually not giving a dosage form
that absorbs well
or they're not giving enough so you see
that all the time in the pharmaceutical
world
well you know everybody knows that
calcium by itself is good
but if you want to maximize the calcium
okay there's 59 other minerals you need
to go along with including phosphorus
and copper and
zinc and let's see here um
you need vitamin d3 and you need vitamin
c you need all that stuff for that
calcium to work
okay otherwise you're wasting your money
and your time you're not going to get
the results you're looking for
but people know about vitamin d3 and
other minerals necessary to make the
calcium work
because vitamin d3 is a vitamin
and of course everybody i'll get out in
the sun it's free
lay out in the sun well that's good but
even if you're

in florida and in the gulf states
and eastern texas and california you
still need to supplement with vitamin d3
why is that
well everybody's been told by their
doctors put sunblocker on your skin
so you don't get skin cancer and so
they can't create vitamin d3 in their
skin like they should because they have
these sunblockers on
so they still need to supplement with
vitamin d3 even though they live in a
sunny place
yeah and the other part too with when
you do take vitamin d3
you need to have fat in your diet to
absorb properly
because it's a fatal vitamin and you
know the doctors are telling you not to
have any fat and cut all that out of
your diet as well so that that's
all these things are complicating the
situation yeah there's nothing worse
than listening to the devil when you're
trying to ask god for help
yeah we're both on the same page we
believe that our bodies were divinely
designed
to repair itself as long as you're

supporting it with the proper nutrition
to do that
so another thing i wanted to talk about
you know you're talking about the
mineral deficiencies and all
and we see that diabetes uh
numbers are skyrocketing and
uh you know we're seeing obesity rates
are going through the roof and they're
so
linked so much linked together i wanted
to go a little bit into that how
how is the obesity driving this diabetes
epidemic
what what's the length there okay well
remember the type two abuse 98 of all
diabetes is a deficiency of several
minerals
one or the other or both
now when you have deficiencies of
minerals you develop
a behavior called pica you can look it
up in any dictionary it doesn't have to
be a medical dictionary like a pike a
p-i-c-a
in babies and horses they would call it
cribbing because the babies would sit
there with their hands on the crib rail
and chew on the rail that's why they put
that fiberglass glass sleeve

okay on that rail so the babies wouldn't
chew through that rail
it's called cribbing because they were
chewing on the crib and so when horses
would chew on that top rail or the stall
that they're in
is caused by the same deficiencies of
nutrients okay
and they're looking for those nutrients
grandma used to go out in the yard with
a spoon and eat dirt
she would also eat wood ashes grandma
would put wood ashes in her oatmeal for
breakfast and she
the oatmeal of course is gluten but
she's craving stuff and so she's putting
wood ashes
and her oatmeal they put wood ashes in
everything they made
in in gravies and things like that
because it satisfied that craving
well wood ashes are not carbon wood
ashes by weight are like 95 percent
uh minerals that are left when you burn
the wood in the tree
okay and so um
this is a universal thing of all
vertebrates when you see
you see um horses and cattle out there

in the pasture and they've got these big
red salt blocks
and they're licking that salt block
they'll stand there all day and lick
that salt block because they're
minerally deficient
they're looking for something and the
salt attracts them so they're licking
the salt and the reason why they made it
a red salt block
it has a lot of trace minerals in it is
added to it
the white salt blocks are 100 sodium
chloride the red salt blocks have trace
minerals
added to it and the farmer knows oh i'm
going to get muscular dystrophy in my
calves if i don't get
the mother to have some of these
nutrients okay because muscular
dystrophy is not
a genetic disease like they wanted you
to believe it's a simple nutritional
deficiency
and in animals it's called white muscle
disease because you know you
ate the calves for their meat and when
you'd cut through their
muscle it looked like bread it looked
white

because it wasn't normal it was actually
what we would call mustard history in
humans
we gave that stuff to jerry lewis two
years before he died
and the muscular dystrophy association
fired him
shut off the telethon that's why you
don't hear anything about muscular
dystrophy anymore and then two years
later
he i'm sure he's broken hearted and he
died from a broken heart
yeah yes they took his passion away from
him
yes okay so
the obesity epidemics being driven by
this
uh mineral deficiencies that's right you
got it
and uh so is that why most diets don't
work
is that the root cause yeah because most
uh they're just cutting calories and
that's
the people just find more creative ways
to eat stuff looking for those minerals
now they don't know what they're looking
for

they just know that their food isn't
satisfying them so
i can eat three desserts and it doesn't
satisfy my cravings
okay and that's because you're not
looking for chocolate you're not looking
for dessert you're looking for these
nutrients
as long as you're taking those minerals
your appetite goes away
your cravings go away and so you don't
have to eat six desserts and still be
looking for something you got to stay
away from all the bad stuff the gluten
wheat broth iron oats you can maximize
absorption of the minerals and then no
more cravings
yeah you mentioned oats and a lot of
people will say
well oats are gluten free but don't oats
have a
protein that's very similar to gluten
and that's why it causes the same
problem
well the gluten in oats is called
gliadin
if i shoot you in the head of the
projectile it's going to kill you just
like if i shoot you in the head with a
bullet

it doesn't matter what you call it right
it still does the same thing so gliadin
in
oats does the same thing to your
intestines as gluten in wheat barley rye
and oat yeah you cannot have one cheat
day you mean i can't have oatmeal for
breakfast on sundays before church no
not if you want to live long enough to
keep going to church okay
yeah i think a lot of people miss that
point because you know they're just
looking at the fact that it's
gluten-free supposedly
if they man if they're able to process
it on a gluten-free plant and all that
sure it's gluten-free but it's not the
gluten and the oats that's causing it
it's that other protein that is very
similar yeah yeah gliadin something else
i wanted to mention too is you know a
lot of people
you know they look at the
pharmaceuticals as the answer to their
diabetes but i don't think they realize
that
all the different diabetic medications
are trying to force the body to take up
that sugar

and store that sugar as fat basically

and

that's what's happening with the

diabetic medications and that's why

you're seeing people

just keep getting sicker and sicker and

sicker they're not addressing the

problem

they're doing artificial uh chemicals

to force the body to do something that's

already worn out from doing and it's

just a crazy cycle that goes on and on

and on

so well they haven't dealt with see when

you're using a pharmaceutical

um basically what what they're trying to

do is give you an insulin

support okay or give you insulin that

was one of the first pharmaceuticals of

course

oh we got an injectable insulin we give

you and sure enough your blood sugar

goes down

okay that's cool

you still have all the other issues that

you're going to deal with because of

those deficiencies

now um it wasn't that your body wasn't

making insulin

you couldn't use it because you were

missing those nutrients which are the
cofactors
to be able to use the insulin and so
then they came out
of course people complained about having
to take shots three times a day
so they came up with the oral metformin
kind of thing
well i i tried that and it didn't work
so they said i have type type one
diabetes i said well how old were you
when they diagnosed you with type 1
diabetes
i was 62. well your doctor should go to
jail
because you didn't have type 1 diabetes
okay and the reason why the insulin
worked was you're you're taking
insulin in without having to go through
the intestines okay which are damaged
and so you're bypassing the intestines
and so you're just
um just overwhelming your body with
insulin and driving your blood sugar
down
but it doesn't solve the problem right
okay because your intestines are still
damaged
you cannot absorb these nutrients and

you can absorb sugar which are tiny
little particles
and you'll gain weight but you're not
going to be happy and healthy
unless you get rid of the gluten so you
can absorb all the nutrients and then
everything works like it's supposed to
yeah the uh i mean that sugar has got to
go somewhere
and i don't think people realize that
what's happening with these medications
is it's forcing your body to use that
sugar to store that sugar somewhere
and that's why it's it seems to even
though they control their weight
they still can they control their sugar
their diabetes
they still continue to to gain more and
more weight
they overwhelm the the liver and the uh
kidneys because all that sugar still has
to go somewhere pulling out of the
bloodstream and
storing it yeah you're exactly right and
that excess sugar
oxidizes and causes plaque in the
arteries
both in the coronary arteries in the
heart and the brain
advanced your dementia you also get

kidney failure because a little arteries
carrying the dirty blood and the kidneys
are blocked
and boy the doctor's happy now he can do
bypass certain
now he can do bypass surgery um in in
your heart he'll put you on dialysis and
he can send his three sons to college
so we need to you need
two things pharmacist keith three things
actually
what i want people to do and i'm gonna
precede my remarks if i may
with something that johns hopkins came
out with last thursday
okay okay they said the third leading
cause of death in america
okay we should be very interested in
that the third leading cause of
cause of death in america
is oh
medical errors in hospitals
medical errors in hospitals not
covered not cancer well cancer is number
two but i'm not sure if it's cancer
that's killing them or the chemotherapy
and radiation
the treatment for the cancer yeah
exactly and so what they said

was john hopkins said and this was on tv
and i couldn't believe it so i went
and looked it up and sure enough they
said
each year in america by simple medical
errors by heirs of the medical doctor
they'll give you a double of your oops
he'll give you
and bear with me while dr wallach gets
back on here
all right well dr weiss getting back on
here i just wanted to mention our
sponsor today
uh our podcast is sponsored by fx uplift
energize your mind elevate your mood
mental health conditions
affects many individuals impacting their
day-to-day life positive mood
and a sense of well-being can make a big
difference in your overall health
so bring a sense of clarity to your
outlook on life by starting each day
fresh
and keeping energy levels high
throughout the day hemp fx
uplift brings positive energy to your
mind
and your mood naturally supporting
cognitive performance
and providing sharpness and clarity to

enhance your mind hemp fx uplift is made
using a proprietary organically grown
hybrid hemp plant
with mood enhancing botanicals and
targeted
cognitive support this nutrition dense
phytocannabinoid rich
hemp oil is third party tested for
safety
purity and potency hemp fx uplift
combines
hip derived cbd and st john's wort so
today
you can place your order for hemp fx
support by visiting
aimhigh4hemp.com that's aimhigh4hemp.com
and while you're there take a look at
the other products that are derived from
hemp that we have available as well
go to aimhigh4hemp.com i see dr wallace
back so let's get back to the show
yeah apologize uh any rate um
in this report from johns hopkins they
said each year
in america medical doctors kill
that's the word they use kill 250 000 to
440 000
patients in hospitals from from simple
medical errors

they kill 250 000 or 440 000 patients
their customers in their workplace
and they get a walk none of them go to
jail they go out that evening they've
killed 14 people that day and they
they go out and have a steak dinner you
know with their wife and their kids and
that kind of stuff
it's just it makes you crazy and so this
is where
we have to take over and that was a
whole idea 50 years ago
okay and basically we have a set of
books it's called
it used to be called the trilogy of
books let's play doctor let's say herbal
doctor passport chromotherapy
and it showed you how to do your own
physical you can go to a pharmacy
without a prescription get test strips
for your urine
and blood and you can do your own blood
pressure they even have these 89 dollar
little machines now you put your fingers
on in 30 seconds you have a medical
grade ekg
now okay for 89 you can do all that
yourself
take your 90 essential nutrients and do
you know do your physical you do your

physical

your test strips are about 50 each you

don't have to pay 100 bucks

for an office visit you don't have to

pay 200 for all the lab work

you do it all yourself and teach your

kids how to do this

we've added a fourth book now so instead

of the trilogy of books let's play dr

leslie herbal doctor passport normal

therapy

now we call it the quartet of books

because we've added it's all in your

head there's 25 different diseases you

get from osteoporosis

of the skull now pharmacist keith you

you know being a pharmacist human hang

around doctors and other pharmacists and

stuff like that

have you ever heard of medical doctors

even

orthopedic surgeons you ever hear them

talk much about osteoporosis of the

skull

never hear it at all no you always you

know oh you got osteoporosis to your

femur we're going to have to do a hip

replacement you have osteoporosis in

your shoulder we're going to do a

shoulder replacement we're going to do a
double knee replacement for 50
000 dollars per knee okay but they never
talk about the 25 different diseases you
get when you have osteoporosis the skull
and of course dr milan and i put it into
this book
okay it's called it's all in your head
and one of the earliest signals you get
when you get osteoporosis called people
you know i always ask them do you have
any tinnitus you have ringing your ears
kind of like that tone
yeah it comes and goes all the time we
have osteoporosis skull
what about vertigo you have balance
problems oh my gosh sometimes i sit for
a while and i get up real quick
i'll feel like i'm on a merry-go-round
okay well that's that's called
um it used to be meniere's disease now
it's called wall x vertigo because i
figured out is due to
squeezing the vestibular branch that
they cranial nerve by your skull when
you have osteoporosis of the skull
what about your sense of smell and taste
your i can't
i can cook in the kitchen can't smell
nothing well your olfactory nerve is

your cranial nerve number one being
squeezed
yeah what about your vision well yeah i
don't have any glaucoma i don't have any
pressure in my i don't have any
cataracts from actual generation
but i'm slowly losing my vision so i
have to change my glasses once every six
months
okay well your optic nerve your second
cranial nerve is being squeezed by your
skull and you have o
n a optic nerve atrophy all of those
things are in here
okay 25 different diseases including all
this dental work we have osteoporosis of
the skull that's why you need dental
work
okay and so this is very simple stuff
and so i urge everybody to get a hold of
that quartet of books let's play dr
lesbian herbal doctor and passport
aromatherapy
and also it's all in your head
yeah you can see i use mine a lot types
of worn and
workers back before i met you i actually
use this in my pharmacy all the time to
recommend things to people so

that's how long i've had that book
yeah and you mentioned the uh the uh
osteoporosis uh
i know my mother-in-law has had a
problem in the past
with uh irregular heartbeats tachycardia
and that type thing
and the doctors don't even look at the
back in the the degenerative disc
disease
as a possible uh cause for that they
just immediately want to give you a
medication for it
yeah there's two causes of course one is
as you pointed out degenerative disc
disease and i always ask people have you
shrunk any since you were 20 years old
you know you're 65 now
yeah i just dropped two inches okay and
you have
you have atrial fibrillation you have
tachycardia you have
ventricular whatever it is okay
um and so what you need to what's
happening is those first four
spinal nerves are being squeezed by t1 2
3 and 4 because they're getting closer
together
and causing this heart issue same thing
when you have osteoporosis of the skull

is squeezing
the 10th cranial nerve the vagus nerve
which controls the heart
uh rhythm and rate you can have both you
can shrink and it could be a back
problem and a skull problem
both there's no reason why you can't
have both i'm going to give you an
example
there was you know his past tense there
was a congressman
by the name of elijah cummings from
baltimore maryland he was a congressman
there for 25 years he was in his 60s
everybody loved him democrat republican
he was just a wonderful man
and he developed atrial fibrillation
so he goes of course
to um let's see here
johns hopkins right he goes to johns
hopkins the cardiologist says oh you
have afib
we need to do an ablation we're going to
kill part of your heart muscle that's
making your heart do funny things
and so they anesthetize him they cut his
chest open
heat up a soldering iron start touching
his heart hoping to find the place

that's causing his heart to do weird
things and they kill him
they killed elijah coming on the surgery
table
he's oh he died during surgery the
doctors get a walk
well he contacted us but he got him off
of gluten
but he got him on the healthy brain
heart pack but he got him on the
ultimate daily classic
tablets um i don't see here
we would have gotten him on the msm
and the vitamin d3 and the collagen
peptides and in 90 days
um elijah cummings atrial fibrillation
would have been gone and he'd be alive
for another 20 30 40 years
but they killed him with the procedure
called
ablation and they got a walk
you know back in 2013 the very first
time that i had you here in town
to uh to talk at the at the holiday inn
uh there was a group of mennonites that
showed up at that
meeting and one of the guys there was 40
years old
and he had degenerative disc disease so
bad

that uh you know they've already maxed
out the opioids they would give him and
told him that he's never gonna work
again in his life
and you notice right away one of the
things you you asked him right away
his cheeks were red you know they were
both cheeks a lot of
rosacea rosacea so you you immediately
just looking at that
uh you made a a diagnosis
and what i found amazing is a few months
later you and i
went to that community where he uh lives
down in alabama
and you're looking out on the crowd and
so many of the people had the same
problem and they were all having
different
medical ailments but that was the one
thing that was common in all of them
tell me about that okay well rosacea is
caused by deficiency of a single
nutrient
and you can also get psoriasis or
things like acne you can also get eczema
dermatitis all those things are caused
by deficiency that nutrient
and it always happens it always happens

two ways one you're deficient in it

you're not consuming it

or you are consuming it either by diet

or by supplement

and you're not absorbing it because

you're eating gluten and your intestines

are damaged

it's a big clumsy nutrient and you

cannot get it

and um i see you know i can go and i can

look at an audience of maybe 500 people

and 50 of them will have terrible

rosacea they're just scratching their

face the whole time

and so forth and um

i i hope that they will ask me a

question during the q a

and um i had i have to tell you about

a um it was an amish guy

very same thing you know he had eczema

he

had rosacea and he also had

muscular dystrophies 31 years old put it

on our program for muscular dystrophy

came back it was like six months later

and we had all these amish elders there

and this guy sitting in his wheelchair

you know who i've been treating for

monster history and so this

this um this elder

says okay well like you've been treating
amos here his name is amos wiki
he says you're treating us here for over
a year now for his mustard history
and he's still in his chair how come
he's still in his chair
and so i did one of these things where i
just slowly move my arm around i pointed
and i said
amos get up and walk and he gets up out
of that wheelchair he runs up the middle
runs around outside the outside house
and there's like 400 people met me
they're all going
well the reason he was still sitting in
the wheelchair he paid out of his own
pocket 200 bucks for it and he wasn't
going to give it away or throw it away
so he just took it with him wherever he
went and he sat in his wheelchair not
that he needed it
but he sat in it because he kind of
liked it you know he could carry his own
chair with him and but yeah
even though he was 31 years old and he
he you know just
been a muscular district patient for 31
years
in three months time he had completely

healed himself

and it was it was a great great event i

mean that whole area up there

um uh it's actually

in utah okay because the amish and

it's a beautiful story yeah well with my

mennonite uh

folks that uh that we went to see it's

like they were all

saying they had different ailments you

know some had

degenerative disc disease some of them

had diabetes and all these different

things

but the one common thing was that

rosacea so right off the bat you knew

that it yes that it was a gluten issue

yeah they're only oatmeal investing in

all these different people

in different ways yeah it depends on

what minerals were on their farm and

what minerals were not on their farm but

they all the common thread as you point

out was they're all eating gluten

they're all eating oatmeal for breakfast

yeah it was amazing to see

the results uh once you know the ones

that decided to go gluten free

and and make sure they get all the 90

essential nutrients it was just amazing

to me as a pharmacist how fast things
change
for them you know pharmacy school you
can't change these things
well yeah well that's because they teach
you that these things are genetic
okay and of course that's why my thesis
uh representing 20
000 autopsies i did for my my
post-doctoral fellowship which is kind
of like the equivalent of a phd degree
i did 20 000 autopsy 17 000 and some
change of over 454 species of zoo
animals and 3 000 humans
20 million chemistries i was able to
prove
that there are no genetically
transmitted diseases there are no
genetically transmitted birth defects
and so my thesis with all this
information is in the smithsonian
institute as a national treasure because
it changed science now that doesn't mean
that doctors aren't still in their pace
still telling their patients oh you got
a genetic disease now the reason why
they tell them that is so they won't go
looking
for the answer they said well yeah you

got a nutritional deficiency they're
going to be out there
digging through everything looking for
the answer but if they say you have a
genetic problem
well what are you going to do about that
right and so this is why we came out
with that quartet of books let's play
doctor let's play herbal doctor passport
room therapy
and it's all in your head
i i just get breathless when i think
about it because people have
all these problems and
and they they cannot absorb nutrients
because they've been on gluten for so
long their intestines are dead
they're not supplementing and so
everything falls apart they've got eight
diseases
they're going eight different medical
specialists i mean they are spending ten
thousand dollars a month at medical
specialists their whole life is sitting
in waiting rooms
and so forth and getting surgery and
this injection and this drug
and so forth and they're being passed
around well you gotta go see this
specialist

he sees you for six months well we
improved you a little bit but i need to
send you this specialist and you know
they're all
classmates from the same class in the
medical school and they're sharing
the wealth here by moving around but you
get off of gluten take the 90 cents of
nutrients
that all goes away
let's just go over real quick what the
90 essential nutrients are
and the second thing is what the good
foods and bad foods are
okay let's start out with the good food
bad foods okay
the bad foods are extremely important
because you want to avoid them like the
plague no fried foods there are no good
fried foods
even this new machine that's out that
will fry your chicken and your fish and
fry yeah because it heats the fat
in those foods to frying temperatures
and turns them into trans fats
heterocyclic greens which cause cancer
and all kinds of oxidative damage
including plaque in your arteries
so even those machines are bad even

though you're not using oil so no frying
of any kind
then absolutely no um
processed meats there is no such thing
as a good
nitrate-free bacon because you're still
frying the bacon you're still heating
that
that bacon fat to frying temperatures no
no no
baked roasted grilled rare medium rare
that's it and then absolutely no oils no
extra extra extra extra virgin virgin
virgin virgin olive oil
no um mct
oils no soy oils no salad dressings if
you want salad dressing use
lemon wedges you know with some um we
have a wonderful
salt is from it's from the himalayan
mountains it's
our pink himalayan salt from our savory
division or spice division
okay um
why no oils well because it turns into
health food people telling you that
you know there's good oils and there's
bad oils why no oils well oils
oxidize even if you keep them in the
refrigerator they slowly oxidize and

turn into trans fats that are like means
acrylamides
which cause cancer they also cause
plaque in your arteries
and so you do not want oils now if you
want to
pick soybeans out of your garden and eat
them that's fine
but you don't want to squeeze the
soybeans and get the oil out of them and
then save the oil in the refrigerator
and use it as a
salad dressing because that will kill
you so if you want to fresh press your
own olive oil and use it right away it's
okay but
when once you store it it starts
oxidizing it's not
that's correct okay okay and then no
gluten no wheat no brother i know it's
that includes beer scotch bourbon
rye whiskey um
things like french toast bagels cookies
crackers
you got to watch it because they put
gluten in everything
it's a filler even when you go out to
the you know to some of these breakfast
places you say i want

three scrambled eggs well half that
volume of the scrambled eggs they give
you is flour
okay you go to spaghetti factory
spaghetti is gluten
you go to a pizza place the pizza crust
is gluten
that's why the italians have the highest
rate of that covet virus because they
can't absorb nutrients to defend
themselves
uh you know to you the doctor says well
take care of your immune system or your
immune system needs your 90s
nutrients and so you got to get rid of
all that bad stuff and then of course no
sugar
um a little bit of honey makes the
medicine go down
a little bit honey is good that's
biblical okay um
land flowing with milk and honey so milk
is good and honey is good
but you're not going to drink a whole
quart jar of honey for dinner right
right just a little dab will do you kind
of thing
and then you want to supplement with the
90 well the 90 has 60 minerals
our minerals we have 78 minerals are

from plants they go back to ancient
plants
they go way back and these were plants
that were in
reefs in the oceans and stuff but they
were in the plants not just
in a mine where there was just minerals
these are in plants and of course we
have a great detoxification product
called
herbal rainforest which has 13 cleansing
herbs and 78 minerals
we have a wonderful sports drink called
rebound has 78 minerals in it
okay including the ones that are
deficient when young athletes die of
a sudden heart death dr milan and i did
1
700 autopsies on kids under the age of
10 that died of that one published in
three languages
the english version pharmacist keith is
published in the journal of trace
element research so
if you want to see if i'm lying or not
go ahead and look that one up it was in
1990 when it was published
and then in addition to the 60 essential
minerals

they're kind of universally agreed upon
as being essentially so much research to
prove that
in both animals and people more and more
research all the time too
it's starting to uh starting to catch on
after 60 years right yeah
okay and then of course um
there's 16 vitamins okay 16 vitamins
and plants can make vitamins but i never
take a chance
because they require these mineral
nutrients as cofactors to be able to
make the vitamins so even though they
have the capability of making the
vitamins if they don't get these
cofactors they can't make the vitamins
so you can't guarantee
even though they have the potential
capacity you can't guarantee it so the
only way to guarantee them is to
supplement with them and 16 vitamins 12
amino acids
again i have so many people they want to
be vegetarians and
yes there's proteins in soybeans and
that kind of stuff but you can't
guarantee you're going to get all the
right amounts of each
and in some cases be many many different

amino acids missing so you have to
supplement with them
and then of course the omega-3s which
are the fatty acids
and we extract them okay from
beans and in a in a
environment that is all nitrogen can't
oxidize
the soft gel caps that they're in
contain nitrogen so they can't oxidize
and the jar when we fill up the jar we
pump nitrogen through that jar to
displace all the oxygen out of the jar
and then seal it
okay so when we sell you a bottle of
um efas and or efa pluses efa pluses are
from fish
and efas are from beans and if you
get those we guarantee they're not
oxidized because it's all been from the
moment
we go you know we started processing
them they were in an environment in the
factory
uh and and putting them in the soft
shell capsules and put them in the
bottles it's all in a nitrogen
atmosphere
so no possibility of oxidation so that's

why when you buy a big bottle from
walmart or costco about knocks you over
when you open it out
that's right because they're decomposing
already
but that's that's the 90th century of
course our core product
we have is a healthy start pack it has
all 90 essential nutrients actually has
over 200 nutrients including
the 90 essential nutrients that
everybody agrees are essential
and um then we have secret sauces for
over 600 different diseases
if you have a bone and joint problems
you know we throw in some collagen
okay some extra collagen and we call it
the healthy bone and joint pack but i
would also add
the msm and some more vitamin d3 to the
healthy bone joint pack and we have
i'm being professional athletes we have
olympic athletes that use it i'll tell
you a great one i know i know we only
have
moments here but i want to share a big
one with you evander holyfield and i
think he's coming back he's in his 50s
he wants to come back and box some more
back when he was a heavyweight champion

for like six years
i mean he would fight three four five
times a year and he would knock
everybody out in the first 30 seconds of
you know the first round i mean he was a
fighter for excellence
but then about five years into it he has
a heart attack and he has to
um surrender his championship because he
couldn't defend it anymore because he
he had a heart attack so um another
um professional athlete theo ratliff
basketball yeah and he's the one that we
made the rebound for our sports drink or
the 100 nutrients in it
he brought the information to me about
evander holyfield and we came up
with a program the healthy brain and
heart pack for him okay and the
ultimate daily classic tablets and so
forth and msm and all that kind of stuff
and in six months time his heart heals
it's all perfectly normal and so he goes
back to training in six months time
he has to fight to get his championship
back they're not going to give it back
to him
he has to fight to get it back and he he
fought and he won

knocked the guy out in the third round
he fought for three more years before he
retired
and um he of course he used our 90th
sense of nutrients and the rebound and
all that kind of stuff
and he wants to come back now and so
we're talking with him
and see if we can't do some great things
for him and the other athletes
what a great story that would be if he
comes back at age 50 something and
regains
his title again yeah sure would be um
in the last couple of minutes you
mentioned uh you mentioned the rebound
uh you know why why isn't gatorade or
powerade or these good enough
they're supposedly electrolyte drinks
yeah well powerade and gatorade and red
bull and stuff like that they're really
energy drinks they're mostly sugar
and caffeine they might have a couple of
nutrients in there
maybe a little extra calcium or
something like that some sodium chloride
salt say have it like you say some
electrolytes
but nobody has a sports drink with a
hundred nutrients like we

rebound and of course we have a
therapeutic level
of that one nutrient and when it's
deficient you're going to die of a heart
attack when you're exercising you see
this all the time these
8 and 10 and 12 and 18 year old and 16
year old and 23 year old young athletes
they die this heart attack during
practice or they
have a stranger's practice they go home
and they die of a heart attack or
something like that
or they died during half time you know
they're playing professional football
or something like that and that's due to
a deficiency of a single nutrient those
that's the one that's deficient in
keyshawn promised china where dr milan
and i did
700 autopsies on kids under the age of
10
that died of this hypertrophic
cardiovascular heart attack a deficiency
that
and it's published in three languages
and that's the one that gave us the clue
for sure
that suddenly death syndrome was caused

by that deficiency
only two percent of the babies that died
of sudden death syndrome or crib death
were in the beds with their mothers when
they died ninety percent weren't
redid many of those autopsies none of
them suffocated they all died of that
heart attack
okay so it took us years finally after
years and years and years in federal
courts
a federal judge awarded us a win april
16 2013
and force similac and and all the other
baby farmers was it the similac and
enfamil
enfamil yeah all that kind of stuff they
had to put this one nutrient in there so
now they got 12 minerals instead of
three which they had for years
and a year later we're talking
september 13 2014 a year later
the newspaper the big newspaper in
charlotte north carolina the charlotte
observer comes out and says we don't
know why this is a big front page story
i mean big letters like third world war
we don't know why but suddenly death
syndrome has vanished
in the state of north carolina three

months later
the saint louis post dispatch in
missouri came out and said we don't know
why but
suddenly death syndrome has disappeared
in missouri three months later every
newspaper in the world came out and said
we don't know why but cinnamon death
syndrome has dropped dramatically by 85
to 95
all over the world that's because they
forced the manufacturers
of similac and enfamil and the other
baby formulas
to put that nutrient just see when i was
trying to get all 90 put in there
the judges would just throw up their
hands and say you know well like it's
too crazy we can't
but i had so much evidence with 1 700
autopsies with that one nutrient
they couldn't they couldn't pass it up
they had to
give us a win well that's fantastic
doc i want to thank you for jumping on
here today i hope we can do this again
next week
i want to encourage everybody to go to
give doc

90 days that's g-i-v-e

doc90days.com

there's a lot of information on their

doctor about dr wylick and there's a

health evaluation on there that you can

take

to find out where you stand as far as

your nutritional needs so visit that

website givedoc90days.com

and uh jump back on here again next week

if it's okay with dr wallach and we'll

absolutely gosh

okay okay i do have another dvd in the

cd it's called

praise the lord and pass the 90. praise

the lord and pass the 90.

well you know what while you're while

you're plugging uh one more that i think

you need to plug

is uh the black jean lives okay well

yeah right now

with all this issue with the black jeans

and in the black community

again dr milan and i came out with this

book many years ago

this all started out with pastor creflo

dollar and his 12 year old

daughter who had a quote genetic form of

asthma

and um uh she which she was born with

and you know at 12 years old she only
had weeks to live
so one of his people in his church
contacted me can we help her i yeah
in two weeks time just using our uh our
healthy start pack
and some extra of those the nutrients
she was
she her asthma went away and pastor
dollar said okay wallach
remember this is from atlanta georgia
big church he says now is the same thing
about genetics true in the black
population about all the diseases yeah
there's no such thing as genetic high
blood pressure diabetes arthritis heart
disease
cancer liver disease
lung disease and all kinds there's no
that kind of stuff okay it's all
nutritional efficiency so he gave me
about 13 of his people seniors in his
church were suffering from many of them
had all of those things right
so in three months time they were all
reversed all back to normal
and he had me speak at the church we
have the cd all
black teen lies goes over all these

diseases thought to be genetic in the
blacks which are not
and then of course he published the
first
ten thousand copies of this book okay
black gene lies
and so every black kid in america every
black kid in the world needs to read
this book
every doctor everybody who's going to be
treating patients including black
patients
should read this book and they should
give them a special test just on the
contents of this book
because there are no genetically
transmitted diseases
in black people white people yellow
people read people or any people
so dr ron again i thank you very much
and folks go to givedock90days.com
and take that health evaluation and see
where you stand with your health
thank you again doc oh thank you god
bless you sir god bless you bless you
keith i hope you enjoyed today's episode
with dr wyatt
and if you found value in the episode
please share it with others
also hit that subscribe button then be

sure to hit that bell symbol and also
select all
so you'll be notified when i post a new
episode in the future also to get those
free gifts that i mentioned in the video
visit d d d l video
dot com that's d as in david d as in
david
d is in david l video dot com
and you'll get that report from dr wyck
on why young athletes die
as well as his video where he talks
about how the medical system has failed
us all
called somebody needs to go to jail and
while you're there be sure to take that
take doc's health evaluation the
information collected it's only going to
be seen by me and it's not going to be
shared by anybody else
so visit ddlvideo.com
hello this is pharmacist keith abel and
i want to welcome you to my youtube
channel
now when i originally started doing
these videos my intention was to teach
folks how to
get control of their finances and to
teach them how to grow their income

to do like dave ramsey suggests and to
live a life of financial peace and
prosperity but as a pharmacist i really
felt like i was missing a big piece of
the prosperity puzzle
that there was more to prosperity than
just the financial side of things
health and wellness have also to be
taken into consideration
i believe that prosperity is actually a
way of living and thinking
not just having more things or more
money to have time
and the financial freedom to enjoy life
at your own pace
to achieve personal growth and financial
security
without sacrificing family and health to
not
live paycheck to paycheck health wealth
personal development familial
fulfillment
and personal self-satisfaction all
blended together
in a balance and harmony the ability to
weather all storms of life whether
they're financial or physical
and to assist friends to cope with their
struggles
by coming alongside them and helping

them rise above the turmoil that life
throws at all of us
i think prosperity involves three things
money earned in a way that aligns with
your inner self and your values
happiness which encompasses your health
service to others
and growing key relationships and
sustainability which is a method of
making money
so you can prosper increasing your
health and your well-being for the long
term
now there's no guarantee that rising
early or eating the right things
and getting a good night's sleep will
make you rich but the research shows
that it does set you on the right track
for success
after all what good is your wealth if
you're in poor health and what good is
your health
if you've got no wealth i want to be on
that journey with you
which is why i've created this this
channel uh
in this uh these videos i want to help
you uh
to be there with you and to help you

have a better physical health
and share with you what i've learned
over the past 25 years as being a
pharmacist
using nutrition and supplementation to
reduce our needs for the dangerous
pharmaceutical drugs
i want to share with you what i learned
in the financial services industry
how to get out of debt and achieve
financial peace and i want to help you
along with your
emotional well-being as well as uh cover
you know personal and professional
development
topics now we're gonna cover a lot of
ground through these episodes
and i hope you walk with me let this
video channel this youtube channel be
your prescription for health
wealth personal development familial
fulfillment
and your overall personal
self-satisfaction
today i've got a special guest dr joel
wiley in this episode dr wiley and i
talk about blood sugar issues
nutrition and supplementation and how
all this is connected to
bring better health and personal

well-being after all like i said before
what good is your wealth and your
prosperity if you have poor health
oh by the way if you find value in this
episode please share it with your
friends
also hit the subscribe button then be
sure to hit the bell symbol and select
all
so you'll be notified when a post in the
in the future is
is put up so you don't miss anything so
let's get on with today's show
all right everybody i want to welcome
you to the campaign for nutrition
podcast with a special guest dr joel
wallach
he is a veterinarian a pathologist and a
researcher in nutrition and wellness
and today we're going to talk about uh
bone and joint issues and what causes
them what's behind all the
the epidemic of bone and joint problems
in america arthritis and all the other
related things
and what type of nutrition and
supplementation and so forth that you
should take to
help offset that and give your body what

its
needs to help support and repair itself
dr wally how are you this morning well
very fine thank you uh
i'm gonna throw in i'm also a physician
you left that out sorry about that
naturopathic physician license in
california and oregon
but um yeah of course all vertebrates
uh require the 90 essential nutrients 60
minerals 16 vitamins 12 meiosis 3 fatty
acids
that's because all of our tissues come
and go
even bones come and go cartilage comes
and goes
tendons ligaments connective tissue
comes and goes
and our stem cells require raw materials
to rebuild
our repair cells and all these tissues
and mineral reserves and so forth and so
it's a constant
flow of stuff going out
and it should be a constant flow of
stuff coming in to replace it
and if you don't um replace it
the outgo exceeds the income and says
kind of like
nutritionally you go bankrupt okay so

what
causes the nutrition deficiencies and
what
deficiencies are there that's related
specifically to the bone and joint
problems
well we're talking about primarily
minerals but there's vitamins involved
too you know vitamin d3 and vitamin a
and vitamin c
and and vitamin k and so forth
all of these are involved in bone health
but then there's 16 minerals six zero
minerals are required
and unfortunately pharmacist keith um
nutritional minerals do not occur in a
uniform blanket around the crust of the
earth they occur in veins like chocolate
and chocolate ice cream they occur in
veins like gold and silver and coal and
and some places have none that's why
you know in the old days herds of wild
animals would migrate to areas
and they wouldn't stay there very long
because there's nothing there
okay same way with um people they'd have
flocks and herds and they would migrate
through places
because they knew if they stayed in one

certain place all their animals would
die
so they wouldn't stay in these places
very long it was just a route to get
from here to there
well these nutritional minerals occur in
veins as i said
and um you know in some places there'll
be
two minerals and some places will be
five and some places there's eight
some places there's 12 and some places
there's 20 and some places there's 25
and some places there's 30 and
some places there's 40 and some places
are 60 and some places are 70.
and when you look at the health and
longevity of animals and
peoples you can just tell okay there's
got to be a lot of minerals there
because
the average lifespan in this particular
area this country or this zone
um is in their 80s and 90s whereas
500 miles away the average lifespan is
45 which one's going to have more
minerals and you know when a doctor says
look
you've got some arthritis here you got
some bone and joint problems

you got some ball and socket problems
your hip your knee
your skull and and your first
cervical vertebrae um
and um your knees and so forth your
ankles and your elbows and your
shoulders
uh you got problems here and we're gonna
have to do some you know double knee
replacements for fifty thousand dollars
a piece
uh we're going to have to give you a hip
replacement and all that kind of stuff
for fifty thousand dollars a piece
how about i give you some pain relief
for maybe it'll work for six months or a
year but after that we're gonna have to
do the replacement
well you need to flee from that doctor
because he has three kids he wants to
put through college and he's using you
to put his kids to college
okay he's either ignorant or a thief
there's only one thing worse than a
thief and that's an ignorant
thief okay and so
in veterinary medicine we don't have
health insurance for animals
the farmer would go broke in one year if

he had the veterinarian come out and you
know
do all these things for animals like
they do for people
and so we learned a long time ago that
if we put minerals in the animal's food
we eliminate
over 600 different diseases that afflict
people in all vertebrates
and so when i was a kid to make a long
story short i had
terrible behavioral problems starting
when i was age four
and um my mom and dad you know took me
to city doctors it took me to twenty of
them over a period of five years
by the time i was nine i'd seen 20
different doctors and they all wanted to
put me on drugs and institutionalize me
and the last one was a lady
um pediatrician eye doctor behaviorist
kind of thing
and her name was mary jane skeffington
and i'll never forget i'm nine years old
she says well we're going to have to
institutionalize him i said well mom
what does that mean she says well
they're gonna put you in the hospital
i said how long am i gonna be in there
and she said well maybe for the rest of

your life well to a nine-year-old that
didn't sound good
no okay so that night when everybody
else went to sleep i'm just sitting
there thinking on my beds thinking why
is it we're eating the same food that
animals
eat from the same soil and they don't
have the problems
we have the baby animals don't have the
problem
i have what's going on here and i think
uh oh
we're giving them all these vitamins and
minerals we don't take so the next
morning
i began to eat the animal food and in
three days time i was cured after five
years getting worse and worse and worse
and worse in three days for mrs keith i
was cured
and i knew that i knew that i knew back
then that
there was a big big discrepancy between
what doctors did for humans and what
veterinarians did for animals
and so that's what got me going in this
direction and
um of course when you're looking at

horses that pull plows you're looking at

racehorses

um they've got a a um a bad thing going

on here

in one of the racetracks in california

in san diego i think this year so far

they've had 19 horses they had to

destroy because they had um hip

problems and knee problems and shoulder

problems and and so forth

and you know to put a artificial joint

in a

racehorse is waste of money and time and

and so they just

destroy them and so i would what i need

to do is look at

see you know what feed they're giving if

they're just giving them

oats and hay are they giving them some

kind of pellet that doesn't have

a very good um

spread of the minerals necessary for

bone health

there's something going on because you

can't have 19 horses in one track

all the other tracks are fine yeah

they're trying to blame it on the

on the track and the yeah yeah they're

trying to put composition

yeah that never made sense to me from

kentucky you know being familiar with
horse racing it just never made sense
that
one track would have all these problems
but i'm sure
other tracks across the country have the
same turf and it just
that never made sense to me yeah no it
is
it's a food problem and so i'm going to
start working on that here
before this month is over because i know
i'll figure it out in just a couple of
days by looking at what they're feeding
them
compared to what the other tracks are
feeding their horses the other tracks
aren't having any problems
so it's got to be something very very
significantly different right
and so to make long story short i went
to agricultural school university of
missouri
my major was an animal husbandry
nutrition my miners in field crops and
soils
i also went to veterinary school at the
university of missouri got that degree
i got half my pathology degree at the

university of missouri

i went to iowa state university to try

and finish it up

and halfway through that marlon perkins

from the old mutual omaha kingdom show i

had worked for him as a kid

he sent me to africa and i worked for

two years in the white rhino

conservation project

and as a as a pathology student i ran

into the first mass die off in america

from pollution

it was a i was a holiday in 1962 as

christmas everybody else was on

on um holiday and i was there by myself

and

i figured it out 500 sheep died in one

night

they were perfectly healthy six months

old perfect beautiful wool

perfect weight they were going to go to

to the um

butchers to be butchered in a week or so

and they all died in one night

and so they brought me 50 bodies and i

figured it out

um they had goiter they all had gardener

and they all had met hemoglobin

and their their blood was the color of

chocolate milk instead of blood

and so it's all due to nitrate poisoning
you know the fertilizer from the
neighbor got into their water supply and
chronic
six months worth of of nitrates in their
drinking water caused them also to have
goiter instead of their thyroid glands
being the size of an almond they were
the size of a plum
and so i got it all written up and my
professor said well this is your paper
you go ahead and publish it yourself so
i published it in two scientific
journals
i sent copies everybody's so excited
governors and senators and also to
marlon perkins
so when i was in africa he used my paper
to get a 25 million dollar grant from
the national institutes of health
nih uh to study pollution and he wanted
me to be the pathologist on the project
i can't refuse ron perkins came back and
did that 10 years to 20 000 autopsies
and showed no zoo animals and all the
big zoos united states died of pollution
no people living around the zoo's diet
of pollution
but they all died in nutritional

deficiency diseases in the zoo
and people around the zoos there were no
genetically transmitted diseases there
were no autoimmune diseases then there
were no genetically transmitted birth
defects
as a result pharmacist keith my thesis
for my post-doctoral fellowship which is
the equivalence of a phd degree
is in the smithsonian institute as a
national treasure
i'm extremely proud of that and um
so um right now
between dr milan and myself we have 15
published books
i think it's like 12 of them or between
she and i
together the most recent one it's all in
your head where we
talk about osteoporosis and arthritis in
the skull so that brings us to today's
subject
um bone and joint stuff yeah
you talked about uh in the past you know
i've
traveled quite a lot with you so i've
been able to spend a lot of time with
you
and you talked about in the past that
back in africa

uh you all put out all this clean water
for the animals
and they wouldn't even drink the clean
water and that was
one of those other aha moments that you
had as to uh the link between the
minerals and
in health yeah they wanted they wanted
to drink this
uh you know natural pond water that had
it was muddy and all that kind of stuff
well it had minerals in it
and they were driven to seek out
minerals and this
this is a behavior called pica you can
look this up in any dictionary it
doesn't have to be a medical dictionary
just any dictionary will have the word
p-i-c-a pica
and this is where people get cravings
that's why they have snack foods and
and that kind of stuff and they have
treats and things because
people are deficient in minerals and
they're craving snacks
and so they have all these snack foods
well before they had pretzels and potato
chips and corn puffs
grandma used to eat wood ashes out of

the wood stove
okay grandma used to go out in the
backyard with a spoon and eat dirt
little kids would chew on their crib the
rail on the crib so that's why they put
that
fiberglass sheath on the crib rail to
keep the babies from eating the crib
and they called it cribbing now when
horses chewed on the top rail
of their stall in the barn they called
it cribbing because it's like the baby's
chewing the crib
and it's all a spot that's because
they're deficient
yeah in minerals and so that's why
the agricultural industry came out with
salt blocks for the animals
but these big salt blocks they're if
they're white there's just sodium
chloride
which will attract the animals to lick
it but if you see the red salt blocks
they have
trace minerals and major minerals added
to the salt
and those animals will stand there all
day and lick that that trace mineral
salt block
yeah we've got uh up in kentucky we've

got uh some natural salt licks
and i know the pioneers used to go to
that area because they knew the animals
would be there for their hunting
yeah the deer would go there
yep and of course um now when you look
at animal feeds the veterinarians know
this so the animal feeds
they're very heavy heavily weighted
towards mineral
minerals in the animal feeds and so
this is where i learned how important
minerals were
they weren't just something that some
theorist was thinking about
that you know an animal would run over
you and kill you to get to the minerals
it's amazing how you connect those dots
you know as a kid
the calcium tablets and then
you get to africa and it's the muddy
water you go to
amish farm and you see all the rails all
chewed up by the horses that's the rails
where the sweaty palms of the
amish guys would touch those rails and
it's just amazing how you connected all
those dots
and i you know that's i'm sure that's

why you were chosen for the
research project that you get did yeah
well i published that paper yeah the
first mass die
off from pollution and those sheep i got
that figured out and i was only 22 years
old at the time
and so um but i was i had been
submerged in this mineral thing by the
time i was nine years old because i had
cured myself
of something that was going to get me
institutionalized for the rest of my
life
and it was just simple nutritional
deficiencies let's get on to
bone and joint problems uh i know a a
major surgery that we see
i work in long-term care and the major
thing that i see
is either knee replacements or
hip replacements in the elderly so
what's going on there
what's causing so many of these problems
and is there a simple solution to help
those people
repair themselves because you and i both
believe that our bodies were divinely
designed by god
to repair themselves if they get all

their 90 essential nutrients
so what's going on with with the huge uh
spike in uh replacements
well you're exactly right pharmacist
keith um we were given
by the good lord uh all the all the
equipment
to repair ourselves and maintain
ourselves but we do need the raw
materials
for the equipment to do its work the
same thing you could have the most
beautiful
factory that can produce anything you
know all the techie stuff and medical
stuff and machines and this and the
other
but if you don't have trained
technicians to operate it if you don't
have all the raw materials to put in the
machinery
as they say in france there ain't
nothing coming out the other end and the
same thing is true
um with our um joints um
and you notice that most of these
surgeries are done on weight bearing
joints the hips and the knees
and because they're weight bearing they

wear they're going to wear out
quicker than a finger joint
which you know you can kind of uh which
i say
you can kind of say okay i'm not going
to use these
like my little finger i'm not going to
use that and uh so
that's not one they usually do a joint
transplant then you know it's a little
finger
but your knees and your hips is weight
bearing going up and down stairs and
quite a bit of movement and carrying not
only your body weight but also
um you know carrying 40 pound bags of
sand or 40 pound bags of grain for
animals
are moving furniture and that kind of
stuff let's talk about what's
what's in those joints you know what's
uh what's the mechanics that's going on
in those joints that's
breaking down okay well a joint is
actually
a rather complex structure
um it's not just bone uh at the end of
the bone of course you have cartilage
and then you have surrounding that
cartilage you have glands that make

synovial fluid

okay and then you have a joint capsule

to keep the synovial fluid in that joint

to maximize its benefit in that focal

area

and then you have tendons and ligaments

um and connective tissue attached to the

edges of those joints to

to move them as the muscles contract

it'll make the joint rotate

or go up and down and backwards and

forwards and all that kind of stuff

so you have movement going on and if

there's no lubrication

is you know it's like a car engine the

piston is going up and down with no oil

in it

okay you're in trouble and uh you know a

lot of people

they just say you know i'm having a

little bit of joint discomfort here

so they go in there for their annual

physical and say you know i've got some

joint discomfort doc

shouldn't i be taking some vitamins and

minerals or something or you got some

kind of cream i can put on my knee or my

hip

now i don't waste your time on that kind

of stuff just eat well you get
everything you need
that's the famous line from doctors just
eat well you get everything you need
well the doctors who say that should be
put in jail for the rest of their life
for reckless endangerment
the equivalent would be for you to ask
your mechanic what's the best kind of
oil to put in my car
and i'm going to be traveling on
vacation i don't want the engine to burn
up
so what oil should i put in my car in
the mechanic would say don't waste your
money on oil
just put dirt from texas and oklahoma in
there there's bound to be some oil in
that dirt because those are big
oil producing countries you know in
texas and
oklahoma so just use dirt from you know
it's only 10 cents a quart
for dirt from texas and oklahoma put
that in your car well you won't get too
far
with that and you'd be running around
even if you were an insane person you'd
be telling everybody
in your city what a crazy mechanic this

is don't go to them he just wants you to
put dirt in your car instead of oil
but when a doctor says oh just eat well
you get everything you need
the patience from my doctor says my
doctor says my
doctor says i can get everything i need
by eating well
yeah pam you're dead okay yeah they tell
them to eat well
and then they tell them to exercise more
which is putting more stress on the
joint
and then they give them my opioid to
control the pain
which we know is what's happened there
it's driven the opioid crisis that we
have
uh and i'm starting to see in long-term
care that they're starting to give these
patients
you know glucosamine and things like
that but they're just given such small
amounts that they're not
it's not helping and they're going on in
into the uh joint replacement shortly
after that
it's just yeah of course it's fifty
thousand dollars a knee is fifty

thousand dollars a hip

and that puts their son through college

and that's what we've got

yeah and so why why would they tell you

the basic truth is

take the ninety essential nutrients um

if you do heavy work you need to take

extra

uh throw in some extra msm vitamin d3 uh

some collagen

in addition to the 90 essential

nutrients and you know

just because you're doing that kind of

work or you're exercising

you need more and of course um i've

dealt with some pretty famous athletes

some pretty famous you know professional

athletes um for their joint problems

theo ratliff in fact he's a guy we

invented our rebounder sports drink with

a hundred nutrients and you know things

like

like um a red bull

um has only two or three nutrients it

has some salt in it but it's mainly

sugar and

caffeine because it's really an energy

drink and

the same way with gatorade it's mostly

an energy drink you know it's got sugar

and um caffeine in it has a few
nutrients
the only one the only energy drink the
only
nutrient drink the only nutrient
replacement drink
the only sports drink that has the 78
minerals in it and 100 nutrients
is rebound so we're very very proud of
that we made that for theo ratliff
well let me interrupt you real quickly
before we go any further
uh i do need to read a disclaimer that's
required by the fda and ftc and
everybody else
uh any food and dietary supplements
mentioned in this presentation are
intended to contribute
to the daily diet and overall health and
are not intended for use in the
prevention treatment mitigation or cure
of any disease or health-related
condition individuals who have or
suspect they have an illness
or who wish to commence a diet or excess
program
should consult an appropriately licensed
healthcare practitioner
for medical history evaluation diagnosis

treatment
and health recommendations and i would
like to go one step further there
and tell you when you when you go see
your doctor interview them and find out
what their opinion is on supplementation
and nutrition
in that because you know we need to take
a holistic approach and if your doctor
does not want to talk about nutrition
and supplementation or doesn't think
it's worthwhile
you need to go seek out a different
prescriber
my opinion yeah of course there's
there's lots of doctors who are
interested in nutrition many of them
work with us we're very
we're very proud and happy to work with
them all over the world and
um it's one of those things
where you have to look at the statistics
now
i'm going to throw one out there this
this came out
um about 10 days ago johns hopkins very
famous medical school you're probably
familiar with this
data yeah after we talked last time i
went and looked it up

it's amazing yeah see yeah look it up
don't believe me look it up
it's from johns hopkins in baltimore
maryland very famous medical school
and um they looked at
the number you know they looked at the
top 10 causes of death in america
number one um is cardiovascular disease
i mean that's always been number one
cause of death
a 23 year old football player just died
professional football player
just died while he was
out hiking and so he probably died of a
hypertrophy cardiomyopathy heart attack
a deficiency of a single mineral
okay then um
number two they said was cancer was the
number two cause of death in america
in hospitals okay i can't
number one cause of death in hospitals
is heart disease number two cause of
death
johns hopkins said was cancer but was it
really cancer killing the patient or was
it the chemotherapy and radiation
killing the patient they didn't divide
that
up okay and then they said the number

three cause of death
in hospitals in america is
medical errors they use the term errors
medical errors
is the number three cause of i mean what
and they said 250
000 to 440 000 people are killed is the
word they use are killed each year and
remember this is johns hopkins i'm just
quoting them that's not me
yep and that just came out like 10 days
ago
the number three cause of death in
hospitals america
doesn't say anything about the medical
causes of death
or the medical deaths outside of
hospitals this is just in hospitals
two hundred fifty thousand four hundred
forty thousand in each year killed
in households by medical errors okay
wrong dosage
wrong medication giving two medications
should not be given together
um you know they cut a blood vessel
during surgery
um they dropped i i know you know
patients that they've actually dropped
you know off the gurney and they broke
their neck and they died they broke it

back to the hospital they were just
there
you know for a tooth thing or something
simple okay
that's just the hospital death that's
just the hospital
all the other deaths it doesn't count
the the other deaths outside the
hospitals
that's correct so you want to
that's why i just tell people you want
to be involved as much as you can in
your own treatment i don't care how good
your doctor is or how
good you think your doctor is you want
to be involved and that's why in the
beginning we came up with the
with the um trilogy of books let's play
doctor let's play herbal doctor passport
neurotherapy
so people can learn how to um take care
of themselves how to do their own tests
and everything
and you can determine whether you have
arthritis or osteoporosis yourself you
can determine if you have diabetes and
high blood pressure yourself
you don't need to go to a doctor to make
these diagnoses

these these little trilogy books and now
we have we call the quarteta books
let's play doctor let's play herbal
doctor passport chrome therapy
the fourth one now it's all in your head
which is osteoporosis of the skull
okay and of course you got the joint
between the skull and the first cervical
vertebrae
okay the atlas and then you have
um let's see here you got your jawbone
okay that's that's a joint and then we
have osteoporosis of the skull
which squeezes 12 pairs of cranial
nerves and the spinal cord which gives
you 25 other diseases
now so we we created what we call the
healthy bone and joint pack
so you don't have to be too clever i
mean even if you don't know much
what would you use a healthy bone and
joint pack for
healthy bone joints okay and it's one
per hundred pounds of body weight and
then we came up with
um pro joint effects for people who are
on the go and you didn't want to mix
five different products together and
carry that with you
so we have a these um

capsules called pro joint fx which has
kind of everything in it
for your bones and joints and i take
them in addition to the healthy bone
joint pack
okay and then i also take um
vitamin d3 the msm
pro joint effects and we also have what
we call
the collagen peptides which is collagen
in the healthy bone joint pack we have
collagen from beef it's called glucogen
getting either
capsules or liquids and then of course
now we have the collagen peptides which
come from fish
poultry sheep and beef and so i i take
it all i'm 80 years old most people
think i'm in my 50s because of my
activity level
okay and all my bones are are like rocks
okay i don't take any pain medications i
don't do any of that kind of stuff
and i faithfully have been taking these
nutrients
pharmacist keith twice a day for 71
years going on 72 years now there we go
attest to that because uh
you know when i've traveled with you

you've got your uh you know when we go
to breakfast you've got your uh
all your supplements there and you take
them religiously you never fail to take
them
uh so that's correct god gave us the
equipment to repair ourselves we just
need to give it the raw materials
when you when you're taking these types
of supplements and
and you're getting all that you need uh
what's happening
in in the bones in the joints uh
what's it doing for them okay well you
have cartilage cells
duplicating and making new cartilage
cells repairing injured and
degenerating ones you have tendon and
ligament cells that are repairing
themselves replacing themselves
you have joint capsules you have muscles
you have connective tissue
you have blood vessels going in there
and carrying the nutrients to
the bones and joints and cartilage and
ligaments and tendons and connective
tissues
like i say a joint is a very complex
thing a bone is a very complex thing
it's not real simple

oh i take my calcium every day well what
about the other
what about the other 89 okay you can't
absorb the calcium or use the calcium
without the uh
other cofactors that go with it i mean
when i was in pharmacy school
when we talked about arthritis and bone
and joint issues
they always told us that there's nothing
you can do about it uh
just give the patient a non-steroidal
anti-inflammatory to help with the pain
and tell them to get some good exercise
and lose weight and that was basically
the extent
of the advice for the bone and joint
issues and now today they've got all
these biological drugs that you see
advertised
and you know the advertisement has a
longer list
of things that can go wrong than than
what it does for you
so well pharmacist keith they're just
dealing with symptoms you're not really
getting down to the root cause of the
problem
yeah it's like when you drive that car

and you get that red warning light
yeah exactly you can the pain is the red
warning light
but instead of stopping and checking
your oil levels and your air filter and
all that kind of stuff and you know
checking to see
you know if you have if you need more
lubricant in a
in a wheel bearing someplace
instead of doing all that they're just
wanting you to
go to the filling station and put some
dirt from texas in your car
because they want to sell you a new
engine for five thousand dollars
so the same thing the doctors are doing
exactly same principle
and so this is actually quite simple and
um you know i have people who are
ninth grade dropouts they're high school
graduates
and they've been with me for 30 years
pharmacist keith
they have over 500 000 people they deal
with because they've rebuilt these
people's knees and hips and necks and
and so forth and you know they'll go to
a cardiologist i'll give you a terrible
story this

this is a one of my favorite terrible
stories
okay this is about a u.s congressman
from baltimore maryland elijah cummings
he was a congressman i think for 25 or
30 years
um out of baltimore maryland
um you know he's probably i'd say
a good 50 to 75 pounds overweight a
black fella he was in the 60s
and but just everybody loved him
democrats loved him republicans loved
him
independence loved him because he was
just for the people he was a wonderful
guy
but he had what was called atrial
fibrillation his heart would flip-flop
in the middle of the night
wake him up and he'd run to the
emergency room they said oh you have
atrial fibrillation here
we're going to have to do an ablation
one ablation
is where they take a red hot soldering
iron
they touch portions of your heart muscle
and kill
little zones in your heart to stop it

from jumping around

an insane thing today you're supposed to

be protecting your heart and they they

have an ablation

um procedure which they kill portions of

the heart muscle

so they take elijah cummings this is i

think just a year ago

they take elijah cummings they

anesthetize him now these are

cardiologists from johns hopkins

okay they anesthetize him they open up

his chest take that that

soldering iron and they touch his heart

and they kill him

they killed elijah cummings with a

medical

procedural error here which didn't need

to happen

there's no reason it's standard of care

yeah

well it killed him well there's two

reasons why people get

atrial fibrillation one is they shrink

okay they're just a degenerative disc

disease because they're not getting the

raw materials to maintain they're just

so the discs get thinner

the vertebrae get closer together and

they smash the first four thoracic

spinal nerves coming out from the spinal
cord t1 2
3 and 4. okay and those first three
um thoracics excuse me the first four
thoracic spinal nerves
control the rate and rhythm of the heart
so if they're getting squeezed you get
atrial fibrillation also if you have
osteoporosis of the skull
one of the cranial nerves you're going
to squeeze is the 10th cranial nerve the
vagus nerve which controls the rate and
rhythm of the heart
you can have either osteoporosis of the
skull degenerative disc disease or
both of those you can have both of those
okay i mean it's like crazy um
and so instead of dealing with the
joint problems okay and the skull
osteoporosis and the degenerative disc
disease very safe
don't no anesthesia needed okay
just a settlement program and a diet
change so you can maximize absorption no
gluten no wheat bread around nose get
rid of gluten
maximize absorption heal your intestines
instead of doing all that let's say
let's give this 90 days and see if we

can

improve his his um heart

function and getting a normal heart rate

as opposed to afib

let's give it 90 days nope they ran him

into the surgery room

and they killed him the doctors got a

walk

they got paid full amount even though

they didn't finish the procedure they

got paid the full amount you know 100

000 whatever it was and their kid got to

go to college

well while we're on the same subject of

the bone and joint problems let's talk a

little bit about athletes

i mean they tend to have more uh bone

and joint issues than the average person

uh including shoulder and carpal tunnel

and that type thing

and they also tend to have other medical

conditions i mean you tell us tell us

all the time that the average

athlete uh life expectancy is much

shorter than the

than the average person so you know

schools

are starting to uh it's summertime we're

hitting 90 degree

weather now we're starting to see all

the kids getting back out on the
practice fields thankfully
um you know they're they're letting
people do that now
uh so so what is it what what do we need
to be concerned about
and you know what what's why is it that
the athletes have more of an issue with
these things than the average person
i mean they're the fittest people there
are they got the best
nutritionists that there are i know that
our company works a lot with uh
professional athletes so what is it that
causes them to have more problems
well our professional athletes will live
25 years longer than
the other professional athletes the
average lifespan
of professional football players is i
think was 62
except there's a certain group of them
and some states were these professional
athletes these professional football
players only lived to be 58 on the
average
where somebody who does everything wrong
lives to be 75
okay so why do they live 20 years longer

they live 20 years longer than these
athletes that are exercising
they've got the best professional
trainers and supposedly they're getting
the best diets and all this kind of
stuff
well you have to appreciate that the
sports medicine doctors know
nothing about nutrition the sports
medicine doctors know
nothing about nutrition okay
they think um red bull and gatorade
is your best supplement why because red
bull and gatorade
pays them under the table to say that
all right
and so it's like running your car
without oil
if you run your car without listen you
need to run your car 50 miles every day
at 100 miles an hour
okay it'll be good for the engine and if
you don't have oil in it
even if you're not putting dirt from
texas in there if you just don't if you
only have three quarts all instead of
six
you're going to burn that engine up okay
you're not going to get 200
000 miles out of that engine you're

gonna probably get 10 miles

okay and so this is a major problem

is misinformation going to a

professional or olympic athletes

and of course um i had so many come to

me um

you know like theo ratliff a basketball

player

i had um let's see here andy young

you know who is mayor of atlanta also a

great great pastor

and preacher uh they were going to give

him a double knee replacement he said

sir give me 90 days

okay of course we rebuilt him and that's

how we got into

uh with the black athletes who uh andy

young

mayor of atlanta and great great pastor

out of atlanta georgia and then

um also evander holyfield i think who

wants to come back and box some more

he's 57 years old or something like that

now

he's in great shape but um he had been

boxing for eight years

he was a champion of course he had

joint problems he also had a heart

problem so he had to voluntarily give up

his championship

to make a long story try to rebuild him

he came back the next year he had to

fight to get his

championship back he got it back and

fought for three more years before he

retired a second time

yeah and now because he's still taking

our stuff

he's 57 years old and wants to come back

and and

and fight and you mean you have to have

good shoulders and elbows and wrists

and neck and back and hips and needs to

be a good fighter

and it's all good with him because he's

taking the 90 and staying away from the

bad stuff

you didn't really touch on yet what's

happening to the athletes that's causing

them to be so much more minerally

deficient

well they sweat and whatever few

minerals they do get in their food that

they sweat them out as fast as they take

them in

because sweat is not just water sweater

is not just sodium chloride it's

not just salt water all the nutrients

floating around in your blood

i mean um they'd be better off rather
than drinking red bull and
gatorade they'd be better off just
taking a washcloth and soaking up all
their sweat and then sucking on that
washcloth every night before they go to
bed
okay or maybe putting it in a little pot
of water and simmering it all night and
then
drinking that that water for breakfast
but
if you just lay there and do nothing
your joints and bones
are going to slowly go away but if
you're exercising you're working hard
physically in
in a factory or going up and down stairs
um or exercising at home
you're going to be losing these
nutrients faster because they come out
in the sweat
of course grandma didn't know why but
she had these cravings and her grandma
and her grandma and her grandma and her
grandma and her grandma
each taught the next one well you get
rid of those cravings
and save your teeth and all that kind of

stuff and your back pain will go away
if you take wood ashes from your wood
stove and
you know put them in your um iced tea or
whatever it is you're going to be
drinking
okay and maybe even put it in your
garden and your plants will grow better
but also those plants are sucking up
those minerals that were in the wood
ashes
now the wood ashes would vary depending
where the tree grew if the tree grew in
a place that had three minerals and saw
there were three
minerals in the wood ashes the tree came
from a place that had 15 minerals and
saw
the wood ashes had 15 minerals if the
tree came from a place that had 40
minerals in the soil
the wood acid had 40 minerals when you
look at the places
that have the longest lived people they
are mineral people they live near
glaciers
and of course i'll throw one more thing
out this is the
bone and joints in the world the reason
why the carbon dioxide is going up

pharmacist keith the reason why the
ocean is dying the reason why our reefs
are dying is not because
of fossil fuels is because of one
million hydroelectric dams damming up
the rivers
to make electricity we've shut off the
food supply to the reefs we've shut off
the food supply
to the oceans and the food supply
is the minerals coming from volcanoes
okay volcanic ash when you look at reefs
they always occur where there's volcanic
island chains
okay so all we have to do is auger the
silt from behind the dams through the
dams over the dams around the dams
and use our bloom and minerals and feed
the reefs we'll save the reefs
and that's another project i have for
2021
is to save the great barrier reef and
show them i'm correct and they're all
wrong and the
algae in the ocean its job is to take
the carbon dioxide out of the air
crack it in half put the oxygen into the
atmosphere which we like
right and then it takes the carbon the

algae takes the carbon that's left over
from the carbon dioxide
and converts it into carbohydrates into
amino acids and also
into energy right fuel and also carbon
chains
for fiber but it requires 17
minerals for the biological process to
do that and guess what is they're not
getting those 17 minerals
so they can't do that anymore and so
that's why the carbon dioxide is going
up
not because of fossil fuels is because
the algae cannot do their job because we
cut off the food supply to the algae for
the biological function that breaks up
the carbon dioxide and turns it into
useful stuff
yeah that's what used to drive me nuts i
mean i went to one of the top three
pharmacy schools in the country and we
were learning about how all these
minerals
drive the uh chemical reactions in the
body to make all these things
and they never talked about mineral
deficiencies as a problem
let's go back to the young student
athletes

what should parents be doing right now
with those athletes
uh nutritionally and and otherwise
to prevent them from from having the
problems that we're seeing i mean
every every year when i'm with you you
you bring out all these articles of more
and more student athletes that are
uh dying on the practice fields so uh
they're so young how can they be so
deficient so early and
what can the parents uh do to uh
ensure they have a nice healthy long
professional hopefully uh athletic
career someday
well pharmacist keith you know milan and
i did 1700 autopsies on kids under the
age of 10 in keyshawn providence china
they have the highest death rate of
teenagers of anywhere in the world
it's called keyshawn disease
hypertrophic cardiomyopathy heart
disease
we've got that study published in three
languages
okay mandarin and cantonese and chinese
and english it's in the journal of trace
element research 1990s if you look it up
and see that i'm not lying

that same nutritional deficiency was the
cause of
cystic fibrosis supposedly a genetic
disease known as a simple nutritional
deficiency
it was also the cause of mustard history
supposed to be a genetic disease just a
simple nutritional deficient disease
and also sudden death syndrome or crib
death only two percent of the babies
dying or
death were in bed with their mothers
when they died 98 weren't none of them
suffocated because i went back and redid
a bunch of those autopsies none of them
suffocated
they all died from hypertrophic
cardiopathy heart disease
we got a win in federal court to put
that nutrient into baby formulas
the reason why we have all these genetic
diseases in america and our young kids
is because the baby formulas enfamil's
himalac only had three minerals in there
they required 60 but they only put three
minerals in the baby formulas and during
the first row
are assuming second world war because
mothers were busy in the factories they
couldn't breastfeed them

they only put three minerals in there

none of which were the ones that

prevented that

keyshawn disease heart attack so that's

why we had all these childhood diseases

and they said oh they're genetic

the mother slept on them that kind of

stuff no yeah

so to make a long story short april 16

2013

um the federal court gave us a win

forced the manufacturers

uh a baby farmers enfamil similac to put

this one nutrient

i tried for many years they have all 60

nutrients put in they wouldn't do it but

this one they said okay 1 700 autopsies

we can't argue with that

so they forced the manufacturers to put

this one nutrient in

one year later september 13 2014

the charlotte observer big newspaper in

charlotte north carolina

just like um uh

new york times for new york right he

said we don't know why

but sentiment death syndrome has

vanished in north carolina

three months later st louis

post-dispatch missouri

oh we don't know why but sediment death

syndrome has disappeared

in missouri three months later every

newspaper in the world came out and said

we don't know why but cinema death

syndrome has disappeared

and it's dropped down below 95 percent

in the the former numbers well that's

because that one nutrient was put into

the baby formula so i'm taking credit

for that because we're the ones that

been working on this for 40 years

and finally got it all done and so look

at those articles and they

they all speculated what they thought

was the issue but

as i'm reading it's like it made no

sense at all the things they were

speculating

but they all did say that the sudden

ends and death has practically dropped

to almost nothing

yes exactly you don't hear about it

anymore same way i gave jerry lewis a

hundred

charts of kids we cured from mustard

history he got so excited he took it to

the muscular dystrophy association

they fired jerry lewis and stopped the

telethon and they've never heard from
mustard history again
okay but anyway now to make a long story
short here
um we need to make sure that we're
giving all 90 essential nutrients to the
athletes
equally important pharmacist keith and
doctors
miss this one badly because you have to
be able to absorb the nutrients
right you're not what you eat you are
what you absorb
and the reason why with this covered 19
virus
when a three-year-old catches it they
get mild common cold like symptoms in
fact
president trump mentioned that just a
couple of days ago in his
his um speech there in um tulsa oklahoma
okay he said that when a three-year-old
gets
the covet virus we need to open up the
schools because the kids don't die from
covert virus
okay it's when a 65 75 or 85 year old
grandma
gets it she gets very very sick has to

go to the hospital and five percent of
americans will
die over the age of 65 in hospitals in
in italy it's 10 percent
in germany right next italy is 0.5
percent why is it 5 percent here
it's 10 in italy is only 0.5 in germany
that's because germany's carbohydrate
sources
are potatoes corn and rice
italy's carbohydrate sources are gluten
wheat barley rye and oats
our carbohydrate sources in america are
like
75-80 percent wheat barley anodes in
some places it's 100
and potatoes are kind of a side thing
for teenagers you know french fried
potatoes for lunch
okay so we have to give up wheat brother
anoats and repeat that we have to give
up wheat brother rhinos because they
cause
a problem in the intestines now this is
not a
a thing that happens light switch on
light switch off
i've been eating oats for 30 years wine
now when i'm 60 years
old am i having a problem with oats i

don't believe you that's because it's a
drip drip drip drip drip problem
and kids when they're three years old
they may have been eating
oatmeal for breakfast for three years
but their intestines are only one
percent
damaged so their intestines
are able to absorb the nutrients okay
which then go to the bone marrow and the
bone marrow makes white blood cells
which steam up through your bloodstream
to kill and eat the virus the stem cells
in your bone marrow
make antibodies to go and kill the virus
but as you start getting older and you
have eight ten different diseases all of
which are nutritional deficiency
diseases these are these pre-existing
conditions
okay and we're talking about arthritis
osteoporosis we're talking about joint
problems
we're talking about kidney stones we're
talking about kidney failure their own
dialysis high blood pressure diabetes
thyroid problems dental problems
osteoporosis of the skull
they have vertigo they have liver

problems um

uh you name it oh they've got uh copd

chronic protective polar disease they

have asthma right

they have varicose veins

well your family has bad genes got like

18 different diseases in your grandma

and grandpa

that's because they couldn't absorb the

nutrients because for 65 years they've

been eating wheat barley around oats

and slowly slowly slowly damaged their

intestines and now their intestines are

98

damage and they can't absorb enough

nutrients anymore to maintain themselves

they never link the damage to the

intestines to all those diseases

and it's just you know maybe 30 years

later you're starting to have symptoms

for the intestine part but over that

time

they weren't getting their their

minerals and they weren't absorbing the

minerals they were getting

uh yeah we've got about 10 minutes left

and i've got two questions

okay that that folks have sent in one of

them i think

uh is probably answered in that new book

of yours
but this person on rami he was asking
about uh
teeth and teeth carries
okay well teeth of course require a
blood supply coming up into
through the roots of the tooth okay so
the carotid arteries carrying blood
into the neck and the head and then
breaks down into the mandibular arteries
and alveolar arteries and everything
and they bring nutrition okay including
minerals
and vitamins to the tooth which
maintains itself from the inside because
it's losing stuff on the outside but
it's
maintaining itself on the inside
and um so dental problems are one of the
things you're going to
get when you have osteoporosis in the
skull
okay and doctors want to put in dentures
they're going to put in implants and
all that kind of stuff as opposed to
saying well let's get you off of gluten
let's get you
on you know the healthy bone and joint
pack let's give you some extra vitamin

d3 and some extra msm here
and let's see we can tighten those teeth
up that's why kids when they're 10 12
years old
pharmacist teeth they have to go to an
orthodontist and get braces put on
because their teeth
are floating around they already got
osteoporosis of the jaw bone and the
skull when they're 10 12 14 years old
babies can be born with osteoporosis and
but doctors think only seniors over age
65 get osteoporosis
okay no you can be born with it because
it's not an age thing it's a deficiency
thing
you know i've heard you tell people if
they don't believe that they have a
gluten problem
go 100 gluten-free for seven days
and then on that eighth day just eat all
the gluten they can
and they'll be able to tell right away
that they actually have a problem
that they never knew they had before
yeah well yeah they'll get stomach pain
and bowel pain and diarrhea and all that
kind of stuff yeah
they never got it before but when they
had a clean uh

system for seven days uh
the system reacts when all that comes
back in let me get to the next question
which
is probably related to the bone and
joint issues but uh
maureen asked about neuropathy of the
feet
and ringing of the ears okay well
ringing in the ears tinnitus
is caused by a squeezing of the auditory
branch of the eighth cranial nerve that
says it's
this is uh you know one of the featured
chapters
um in the book it's all in your head
okay
that's where you get osteoporosis of the
skull squeezing the auditory branch of
the atrial nerve
you gradually lose your hearing but
you're also going to get tinnitus
or that tone type ringing in the ears
and it can come and go and be worse when
you lay down at night and all that kind
of stuff
and then um let's see here what was the
other one they had
neuropathy of the feet yeah neuropathy

it could be due to osteoporosis of the
skull squeezing the spinal cord
because the spinal cord doctors don't
even remember their anatomy their spinal
cord is made in your brain
it comes out of the foramen magnum in
the back of the skull which is latin for
big hole foramen magnum
okay and when it gets squeezed because
your bones get thicker and bigger
when you have osteoporosis including the
skull and that whole
diameter inside diameter gets a little
litter and squeezes the spinal cord
and you get a um
a palsy is kind of like sciatica the
shoulder girdle you get numbness and
pain to the shoulders the arms elbows
the wrists and doctors oh you have
carpal tunnel syndrome no you have
what used to be called herbs palsy and
herbs said it was a genetic thing so i
changed it to wallock's palsy because
we can't have people believing for the
next thousand years that it's a genetic
disease because the medical doctor
called it a genetic disease it's really
just nutritional
deficiency and then you can have
degenerative

and this can also cause neuropathy in
the feet
okay but you can also have degenerative
disc disease and you're shrinking
and the lumbar vertebrae in your lower
back get closer together smash the roots
of the sciatic nerves causing
sciatica okay or neuropathy in the feet
okay and these are all mineral
deficiency things so
and and so you're going to be treating
osteoporosis of the skull you're going
to be treating degenerative disc disease
and so again you want to take in if you
don't have any other issues you can go
with the healthy bone and joint pack
throw in the pro joint fx or the msm
vitamin d3
extra collagen um if you have like 16
other
issues right because you're 60 years old
and you have all these other
pre-existing conditions you better get
on the healthy brain and heart pack
and throw in the extra glucogen
collagen peptides vitamin d3 msm
pro joint fx and of course if you're on
kidney dialysis we take people that have
been on kidney dialysis

um for 25 years pharmacist keith they
have not urinated in 10 years or on
dialysis six days a week
put them on this program we throw in for
circulation because when you have
dialysis it's really just an artery
problem not a kidney problem
we put in the ultimate daily classic
tablets
in two weeks time they're paying after
10 years of not paying in six weeks time
are often dialysis after 25 years of
being on dialysis
and so all of these things are
repairable if you give your body the raw
materials
because the good lord gave us the
equipment to repair but they need the
raw materials
your bones give it 90 days before you
submit to the surgeries
and do it right no gluten no wheat no
boiler rhinos that includes beer if
you're going to drink beer
it should be japanese or chinese beer
made from rice
okay you cannot have scotch bourbon rye
whiskey those kind of things because
they're made from wheat barley rotten
oats

okay you can have wine got to read the
label
some cheap wines from some of these
foreign countries they'll put
50 wine and 50 scotch together
you know are bourbon together um
because it's cheaper that way so you
know they're making more money by
putting the cheaper bourbon in with the
with the wine and so you're getting a
lot of gluten
okay in some of these red wines and so
you got to read the labels very
carefully
to see what it is if it's a blend of
grapes and berries that's fine
but if it's a blend of grapes and high
quality
liquors okay no
okay so you got to be able to absorb
gluten-free no wheat brought around oats
this is forever not until you've
not until you just feel better this is
going to be forever you'll add 25-50
healthier life if you get off of gluten
but hey i want to thank you very much
for getting on here again i want to
acknowledge a couple people that are on
uh we've got mike ponder is on uh

there's uh maureen which we already
answered her question
maria uh brandy brogdon is on here
uh we have uh peter tinsley uh
and several other people that have not
put their name on there so i don't know
who they are but i want to thank
everybody for being on here
i've got two free gifts for anybody
that's on here
if you go to the website d d
d l video dot com that's dead doctors
don't lie is what the
letters stand for so it's d d d l video
dot
uh i've got a report there from dr
wallick
of why young athletes die so you'll be
able to download that report to learn a
little bit more about that
and there's also a link to dr walik's uh
presentation that somebody needs to go
to jail so i hope you
take a chance and go get those free
gifts
and while you're there be sure to fill
out the health quiz
that's on there the health evaluation so
you can learn more about your own
personal

health and where you stand uh it's
uh quite a few questions that's on there
and some of them you're going to think
why are they asking that but there's a
purpose to it and when we put it all
together
then that gives us a better idea of
where you stand nutritionally
and after that i can give you some
recommendations of what you can do
so visit that website for your free
gifts that's d
d d l video dot com and i've already put
a link to it in the uh
the show so you you can find it there
and uh next week we'll be back with dr
wallach same time
and i hope everybody uh uh joins us
uh we'll be posting us up on other uh
sites uh youtube uh the it's gonna be
posted up on itunes
uh shortly so you'll be able to share
this with other people
and doctor wallach before we go is there
anything else that you'd like to say
uh talk about your new book or your your
radio show
well um of course the radio shows are on
monday through friday on a regular basis

been doing it for over 25 years
um dead doctors don't lie from noon to
one pacific time
and uh one to two it's a let's play
doctor um
again pacific time and um
so it's easy to find them because i've
been on there for 25 years
and of course this book has only been
out for about three months it makes
the fourth book in the trilogy book so
now it's called the quartet of books
let's play doctor let's be herbal doctor
passport chromotherapy and
it's all in your head there's 25
different diseases people get
when they have osteoporosis of the skull
and these diseases you go to
neurologists you go to dentists you go
to eye doctors you go to ear doctors you
go
to plastic surgeons you go to digestive
doctors you go to
orthopedic surgeons because of the skull
squeezing all these various bones and
joints and everything
so i cannot thank you enough for making
this information available
and thank you and your team god bless
you and we look forward to being with

you again

next

i week appreciate you being on here dr

wallach and uh just so folks know

this is a book i use all the time you

can see it's well worn

i've been using this for years using my

pharmacy practice

and another one that i recommend that he

did not mention is called hell's kitchen

and this one talks a lot about uh blood

sugar problems

and and uh metabolic syndrome

so i recommend those two books as well

as what dr wallach already mentioned

himself thanks again dr white i'll see

you on the next episode

you bet god bless god bless you too

i hope you enjoyed today's episode with

dr wilik and if you found value in the

episode

please share it with others also hit

that subscribe button then be sure to

hit that bell symbol and also select all

so you'll be notified when i post a new

episode in the future also to get those

free gifts that i mentioned in the video

visit d d d l video

dot com that's d as in david d

as in david d is in david l video
dot com and you'll get that report from
dr white on why young athletes die
as well as his video where he talks
about how the medical system has failed
us
all called somebody needs to go to jail
and while you're there be sure to take
that
uh take doc's health evaluation the
information collected it's only gonna be
seen by me and it's not gonna be shared
by anybody else
so visit d d d l
video dot com
[Music]
hello everybody this is pharmacist keith
abel i've got a special guest today dr
joel
wallach the dead doctors don't lie guy
he's a
veterinarian soil scientist pathologist
naturopathic physician and all-around
good guy
as long as you're not a person in the
pharmaceutical or
or medical world we're going to talk
today about
nutrition supplementation and the role
that those play

in health and wellness uh dr wallach

welcome to the show

well thank you pharmacist keith always

good to be with you my brother

it's good to be with you well i wanted

to start out today because you you

always talk about

uh the need for 90th central nutrients

and what i guess what i want to start

out today is just talking about

the different groups those nutrients and

what roles they play in your health and

wellness

so first of all you say there are 60

minerals so what's the importance of the

60 minerals in our diet

okay each of the minerals has somewhere

between

10 and 20 things that they do uh

physiologically in our bodies and of

course you know simplistically

thinking um you know the medical system

said well you need calcium everybody

knows you need calcium just

take some tums and you'll get some

calcium

or just eat right you get everything you

need yeah

uh that's not true especially for

minerals because plants cannot make
minerals
okay and uh nutritional minerals do not
occur in a uniform blanket around the
crust of the earth they occur in veins
like
chocolate and chocolate ice cream they
occur in veins like gold and silver and
coal
in the earth and there's places on earth
like
near the gilter glacier in hunza
which is between pakistan and china
where people have the average
longest lifespan on earth there was
actually a great book and a movie made
of that in 1933 called lost horizon
talked about shangri-la where people
live forever and so forth
it's because the glacier grinds up the
walls of the canyon that comes down
through and it has all these minerals
well then you take a place like some of
these places
in south america where it rains all the
time and the last volcanic eruptions
were a million years ago so there's no
minerals
and the average lifespan is 45 instead
of 150

and so the only way you're going to
maximize
the benefits of these 60 minerals which
all vertebrates including human beings
need
is the supplement now what tripped me
off to that
was um you know growing up on a little
farm i
i was four years old and was have what
they would call
autism today with some very aggressive
very mean physical stuff going along
with it
and they didn't have a name for it back
then but after five years of getting
worse and worse and worse my parents
took me to 20 different
doctors in the big city of st louis
the last one was mary jane skeffington a
kid psychiatrist and eye doctor and so
forth
and they wanted to institutionalize me
put me in a
mental hospital for the rest of my life
and i was only nine years old that
didn't sound good
and that night when went home everybody
else went to bed and i'm sitting there

in my bedroom
thinking why is it that all the animals
on the farm
are eating food that's grown on the same
land
that we eat food grown in the same land
with and there's none of the calves or
none of the cows or pigs or chickens or
or llamas or whatever else we had on the
place none of them were having any
problems like i had
and so dawned on me so wait a minute
we're giving i'm only 90. so wait a
minute we're giving all these vitamins
and minerals to the animals in addition
to the hay and the grain and everything
so
well maybe i'm missing the vitamins
we're giving them
so the next morning i put their food in
my cereal bowl and dump the wheaties out
filled it up ate it ate it for lunch ate
it for dinner next day breakfast lunch
and dinner next day breakfast lunch and
dinner and by the third day it was cured
after five years of getting worse and
worse and be institutionalized for the
rest of my life
i realized by the time i was nine that
there was something to the

supplementation thing
and veterinarians were a thousand light
years ahead of medical doctors when it
came to
the need for supplementation because
farmers would go broke if the
veterinarians had to be out there
taking care of the farm animals as much
as the doctors are out there taking care
of the people
so that's kind of basically how i kind
of got into that
then of course um being a student
i i had to work my way through school
and i um
i as a student i worked for the
pathology department
and ran into the first mass die off in
america from pollution on christmas 1962
and everybody else was
off um for holidays
and um so
i ran into this mass style for 500 died
in one night
okay from pollution figured it out got
it published into
into scientific journals um so
you got it published and i gave i was so
excited i'm 22 years old it's my first

scientific publication

i give copies to center state senators

u.s senators governors

judges sales people i gave it to marlon

perkins we old mutual omaha kingdom show

because it worked for him earlier as a

kid

and um uh when i graduated veterinary

school in 1964 i had my degree in

veterinary medicine i had my degree in

agriculture i was halfway through my

degree in pathology and i went to iowa

state university to finish my degree in

pathology and perkins said i need to go

to africa

and work on the white rhino public

population program so i can't refuse

perkins so i went there and

prepared to stay in africa forever i was

having the time of my life

after two years he sends me another

letter says look using your paper on

that mass dial from pollution i got a 25

million dollar grant from the national

insurance health

of health to do all these autopsies to

see

what pollutants are killing people and

animals in the big zoos in the cities

kind of like the canarian mine thing

and i want you to be the pathologist on
the project couldn't refuse him so came
back and did that for 10 years at 20 000
autopsies got them published
of course in two ways number one the
peace on the animals in the big zoos we
were looking for the canary in the mine
um 17 000 some change of over 454
species of zoo animals
um and it was 5 000 pages just that
piece of my research was 5 000 pages
and in the humans at 3 000 and then i
did five more thousand autopsies on
people and i got a book called
epigenetics the death of the genetic
disease transmission and the animals
same thing
and wb saunders the top medical
publishing house for textbooks and
research books and so forth
published my thesis um and the animal
piece is called
diseases of exotic animals and the human
pieces called epigenetics to death
injection transmission and myself along
with bruce slipton
are considered the fathers of the
science of epigenetics
he studies identical twins that were

separated at birth takes 30 years to
find out
the answer well myself when i'm doing
all this research and pollution and
everything
i got the answer immediately so our two
different approaches but we got the same
thing that
there are no genuinely transmitted
diseases and if you look
if you go on siri or amazon and look for
my book
on the diseases of exotic animals which
is the 5 000 pages
okay they rendered it down to 1200 pages
and it sells as a textbook with a
hardcover
um the diseases of exotic animals you
can get one still in the box brand new
good condition
it sells for twenty five thousand
dollars each that's wb saunders
publishing
company um i looked yesterday there's a
couple of them for ten thousand dollars
each are used
and in good condition when they're used
and beat up they'll sell for four to six
thousand dollars
right the epigenetics books i think

sells for 25 or 30 or something like
that 8 000 human autopsies
and my thesis is in the smithsonian
institute's national treasure
okay because i proved there were no
genetically transmitted diseases now i'm
not saying that to brag i'm just saying
that for credibility and again to make a
long story short
you take your 90 essential nutrients
including those 60 minerals
you'll eliminate 600 different diseases
most of those diseases if you have them
are reversible
things like high blood pressure diabetes
arthritis
thyroid problems kidney failure we're on
dialysis i take people
pharmacists keys that have not urinated
in 10 years they're on dialysis six days
a week
they're on dialysis totally for 25 years
we put them on our program for that
in two weeks time they're urinating
after 10 years of not urinating
and in six weeks time they're off of
dialysis after 25 years
yeah when you started out you started
out your business with uh

your medical practice with just the
plant derived minerals
that's correct and of course
you know because we figured it was just
easier and cheaper just to tell people
you know to run to the grocery store and
buy some vitamins and things or eat well
as everybody said
and then as i'm seeing these people it
was very obvious to me that they weren't
even getting enough vitamins they were
getting scurvy and pellagra and
berry berry and all this stuff they're
just different names
berry berry which used to kill sailors
you know 300 years ago
really the terminal event for barry
berry was congestive heart failure
deficiency of a single vitamin
so we give them the 90 cents of
nutrients some people who've been on
medication for for congestive heart
failure for
10 12 15 years and three weeks time
they're off their medications are back
to normal
because congestive heart failures 99 of
the time is just a simple deficiency of
a single nutrient
yeah so that brought me to the next

subject was the vitamins

um it always amazes me because when

i was in pharmacy school you learned

about scurvy and

and the role that vitamin c played in it

and it just always amazed me that

the the pharmaceutical industry

totally ignores you know that

information

linus pauling and all his research they

totally ignore that

and me and you've talked about it before

the main reason they ignore laws because

they can't patent those

those are things that come from nature

okay and of course just a quick um the

story about scurvy and vitamin c

that had gone on for thousands of years

okay

and um uh there was a sea captain

from england who had a little garden a

little orchard and

you know he'd come home once every two

months or stuff like that and he'd be

there for a week and then head out again

and then in the fall when all his stuff

the garden

and archers you know were ripe and he

was picking stuff

every fall he would take a bucket of
limes with him
out to sea and he wouldn't come home for
a couple of months and
and his crew was the only one that
didn't die from scurvy everybody else in
the world was dying of scurvy
and he didn't know why but he reckoned
and figured out there was something
in the limes that he was getting from
his orchard and bringing the limes all
and so all you know and and the bars and
taverns of these various places around
the world where his crew was talking
with all the other crews from the other
sea captain ships
they're saying well we had six people
already died just coming out this way
from scurvy how many are gonna die going
back home so you know we never have that
problem
what are you doing different than us
they're sitting there talking he says i
don't know our captain gives us these
lives to eat all the time
and that's why they called the british
limeys because they were eating
limes all the time and they didn't
always the vitamin c in the lives but
they knew that they connected consuming

limes and lime juice
with not having scurvy and so that's why
they called the british limeys because
they were eating limes from that one
sea captain's orchards well one of the
other categories of the 90th central
nutrients are the amino acids
so tell me what role those play and what
what deficiencies in those areas can
cause
sure okay well amino acids of course are
the building blocks of proteins proteins
are strings of amino acids
and um amino acids
and proteins make up the various tissues
you have each one's a little bit
different a different makeup
and we're talking about um there's liver
cells there's kidney cells there's
pancreas cells there's lung cells
there's heart cells
and brain cells and eye cells and muscle
cells and bone cells and tendon cells
and ligament cells
they're all kind of a mixture of
um proteins and connective tissue even
the walls of arteries are like
two-thirds of the thickness is
connective tissue like tendon material

and so you need
the strings of these proteins you need
the strings
of these connective tissues which are
kind of a mix of proteins
um to to perform all the various things
that these various specialty tissues
performed
and on the sailing ship say
salt pork was kind of a universal thing
they salted big
barrels of pork and that's what the
sailors got for breakfast lunch and
dinner was salt pork
now they didn't get any fruit they
didn't get any vegetables they didn't
get anything
they may have got some rum once in a
while okay
um you know the alcoholic beverages and
the salt pork and that was pretty much
it and then when they'd hit land
um once every month or three months or
whatever it was
they would eat as many vegetables as
they could and so forth but it depended
on where the vegetables grew the
vegetables only needed three minerals
from the soil
and the vegetables didn't have protein

or amino acids in them
okay they were primarily carbohydrates
and fiber and things like that
and so unless you're eating lots of
beans
okay but i'm sure they ate fish and
chicken and
beef and lamb and pork and stuff like
that
um when they hit land
so they're getting protein and the amino
acids in the various farms
and it's one of those things where uh
the the whole business
of supplementation really didn't come
into
its its um
real being in the civilized world until
the second world war
they're coming up with these artificial
meals and k rations and things like that
you know all the soldiers are getting
scurvy and the sailors are getting
scurvy again and so forth
so they had to come up with a vitamin
mineral tablet you know one a day kind
of thing
they would take and you know you get
maybe six vitamins three minerals and so

forth

it would take care of the more common

things that everybody knew about

but didn't take care of things like

chronic osteoporosis and

they just attributed that to old age

well people get older they get

osteoporosis and arthritis that's just

part of the deal

but those are all just simple

nutritional deficiencies and of course

they didn't even know about the

absorption piece and gluten so

gluten damages your intestine and causes

celiac disease

uh causes irritable bowel syndrome

causes diverticulitis causes

appendicitis

and of course you couldn't absorb

nutrients into your supplementing then

you wind up with

as many as 600 different diseases well

you have bad genes in your family

yeah well one of the other categories

and this is what got me

uh really into researching nutrition and

supplementation

is the omega fatty acids i had a

customer come into my pharmacy one time

and this was before

before you got the uh
fda approval for different
qualifications health qual health claims
for the
omega-3s i had a customer come in one
time and they said that
they heard that omega-3 will help lower
their cholesterol and want to know how
much to take
and i'm looking through all the research
data and
i probably pulled 25 different articles
from different journals and all of them
had the same
answer you know you need six thousand
nine thousand milligrams a day of the
omegas
and then i came across an article that
was in i cannot remember now where it
was in jama
or the new england journal uh which one
it was in but
that article said fish oil did nothing
and that set this you know
light off in me because i had a i had a
professor in pharmacy school that says
if you've got a body of information in
journals that says one thing
and then you get an article to say

something else you have to ask three
questions
who funded it what do they stand to gain
and lose
and what did they do to get the results
so that's when i started comparing all
these articles and i found that the one
that said it did nothing
they only gave the people a thousand
milligrams of omega-3
because they knew that it was going to
fail and that's when i
started going through and looking at
every time there was an article that
says something didn't work
when we've always always known that it
did something
every time i found out they were even
given a dose that was too low
or they were given some dosage form that
doesn't absorb well
you know and that's that's what they did
in order to prove that that doesn't work
and that you need their
magical pharmaceutical drug that they
have
yeah yeah the statin drugs yeah well
stand drugs
were the beginning of alzheimer's
disease alzheimer's disease didn't exist

before
stampin drugs there's lots of different
dementias there's eight different
dimensions seven of which were around
for
thousands of years uh one was with
pellegra one was with
barry berry one was osteoporosis of the
skull one was with
um let's see here scurvy
they were with every kind of thing you
can think of all you know all these
dementias
uh harding the arteries and so forth
and of course when they came out with
the statin drugs it lowered the
cholesterol
and then everybody got alzheimer's
disease because alzheimer's disease is
caused by a deficiency
of cholesterol cholesterol does not
cause plaque in your arteries
there is no cholesterol in plaque in
your arteries
there are no diseases of the heart that
are caused by cholesterol
and if you get off of all the fried
foods and processed meats and oils and
glutens wheat broth rhinos and take your

right your healthy brain and heart pack
or even just the healthy start pack the
basic core program
your arteries will heal blood will flow
through there your blood pressure comes
down your memory comes back
because there's a form of dementia
memory problems it's called bastard
dementia where your arteries are all
plugged you don't get enough oxygen in
the brain
and you can take all the statin drugs
you want it's still not going to get
your memory to come back because
it's it's not a cholesterol problem
okay it's a um a plaque in the arteries
which is caused by eating
the oils and fried foods and so forth
yeah doctors you know
they they saw the collect the the uh
build up in the arteries
and they assumed that the buildup
was the problem they totally ignored
that a lot of times the buildup was
being caused with some type of
inflammation or some other thing from
the foods that you're talking about
and it was the body time to protect
itself from damage from

the inflammation it would build that
little patch in the arteries to cover
that up
so you don't get a leak in the artery so
doctors assume
that's the problem is the patch that
your body is doing naturally
we need to get rid of that instead of
what's causing it that drives me nuts
the whole medical system they never get
to the
what's causing it they get to their what
can i do
to to help you
you know improve your symptoms but not
what's causing the symptoms it's like
when you're driving the car down the
highway and that little red light comes
on a dashboard
and flashes off and on the doctor wants
you to pull over and cut the wire to the
light
give you a pain pill give you a
cholesterol drug or something like that
they don't why that light's coming out
yeah put you on dialysis
yeah yeah yeah 99 of the time when they
put you on dialysis there's nothing
wrong with your kidney

it's the plaque in the arteries taking
the dirty blood into the kidneys
or causing the problem and so i figured
that out doing these autopsies was when
i would do a lot of times
people were on dialysis is that there's
nothing wrong with their kidneys why are
they on dialysis
well their blood tests showed that they
their kidneys weren't
um uh clearing cleaning the blood i said
well that's because
the arteries carrying the dirty blood
and the kidneys were blocked and they
weren't even getting the dirty blood to
clean
yeah and so yeah so we came up with a
program to clean
the arteries out and suddenly now the
kidneys are working we take people from
mrs keith
that have not urinated in 10 years or
getting dialysis six days a week
okay because they hadn't urinated in 10
years
and they were on dialysis for 25 years
and they didn't want to get a kidney
transplant
and so we get them on our program and in
two weeks time they're urinating in six

weeks time they're off analysis after 25
years and it started urinating again
after 10 years of not urinating
we do this thousands of times a year all
over the world
and you'd think i mean if i was a
medical doctor i'm sure i won a nobel
prize for that one
yeah another thing you mentioned a
minute ago
you know when they you know started
looking at the statin drugs as the
answer
and really there was two things that
came
out of that research back then that that
led them to cholesterol being a problem
and it also
the same research was used to support
the idea that
these artificial vegetable
fats is what we should be using
instead of lard and butter
it all came from that same research and
i know we've talked about it at length
yeah and of course fat in itself is not
bad
fat doesn't make you fat that doesn't
cause any disease

burnt fat causes disease when you start
heating fat
and turning it into trans fats
heterocyclines and acrylamides
that will cause the plaque in the artery
salad dressing you go to a restaurant
and they have these little bottles of
salad dressing on the table
and it's been sitting there for two
weeks at room temperature
because they don't take them into the
refrigerator every night they just leave
them out in the tables
even if you put in the refrigerator
within six to eight to ten weeks
the oils in that salad dressing have
turned into trans fats like
acrylamides if you use that two three
times a day
you're going to get cancer you're going
to get plaque in your arteries
you're going to get osteoporosis
you're going to get um high blood
pressure you're going to get every kind
of disease you can think of and
when you're 60 years old you'll be one
of these people with 18 different
pre-existing conditions
all these different diseases and people
say man your family's got bad genes you

got all these genetic diseases
no they're all a combination nutritional
deficiencies and inflammation caused by
eating
oxidized oils yeah i think it was ansel
keys if i remember right that did the
study
what he was looking at he theorized that
fat
caused heart issues heart attacks that
type of thing
so he did this study with all these
different countries around the world
first world countries and was looking at
their diet
and he wanted to prove that high fat
diet caused
you know artery diseases and heart
disease
but what happened is
he kind of picked and choose the results
he got
because he he had a lot more countries
in his results than what he published in
the end
some countries had a high fat diet and
had no problem with
with cardiac problems some countries had
a high fat diet and did

and when he did his when he published
his study he only put the data in
for the countries that had the high fat
diets
and that those that information was
backed by one of the uh
companies that has the artificial
vegetable oil product well there you go
the statin drug companies took that
exact same research that he did
and they used that to to prove that you
know you need to have a statin drug
instead of having cholesterol problems
it was the exact same research was used
by two different groups
of people it was flawed research it was
a lie
dead doctors don't lie yeah yeah it did
dodge the lion they kill
a lot of people the number three cause
of death in hospitals the number three
cause of death
ultimately in hospitals is medical
errors including ones like you're
talking about
this johns hopkins just came out with
this two and a half weeks ago
johns hopkins just came out with this
two and a half weeks ago
okay published they said the number

three cause of death in hospitals
is medical errors okay each year medical
areas and hospitals kill
250 000 and 440 000 patients and doctors
get a walk
okay johns hopkins published that now
and that's just your u.s right that's
just
no no that's just the u.s now here's the
one
that really ticked me off when you get
to sudden death syndrome crib death
um remember that milan and i went to
china keyshawn promised china we did 1
700 autopsies on kids under the age of
10. because they had the highest rate
of kids death in the world in kishan
province
under the age of 10. and um
i uh let's see here did 1
700 autopsies in six weeks on kids under
the age of 10 dying from this one
disease called keshawn disease
it's a deficiency of a single mineral
right
these 1 700 autopsies
35 percent had cystic fibrosis
100 had muscular dystrophy and 200 under
the age of one year the diet of this

keshawn disease
had what would be called in the united
states sediment death syndrome
so using that i get a win in federal
court to force the manufacturer's baby
formulas um
enfamil and simelac to put that one
nutrient in the baby farm which is the
the federal judge couldn't argue the
1700 autopsies on kids under the age of
10
okay could it was published in three
languages
the english version is in the journal of
trace element research
okay so everybody who said that can't be
right wallet and so yeah go
look it up 1990 journal of trace element
research 1990 was called keyshawn
disease okay
and so they forced them of course these
manufacturers enfamil similac and all
the other
formulators the baby from us to put this
one nutrient in there
for 50 years medical doctors have been
telling baby formula manufacturers don't
put that mineral in there because it's a
poisonous mineral
okay that's why we had so much trouble

with quote genetic diseases like cystic
fibrosis muscular street and crib death
well it turns out that only two percent
of the babies that die of crib death
were in bed with their mother when they
died 98
weren't 100 were on baby farmers none
were being breastfed
none of them suffocated because i went
back and redid several hundred autopsies
none of them suffocated
they all died from keshawn disease this
hypertrophy cardiomyopathy heart disease
so a year later september 13th
2014 after this was published okay
april 16th and the judge ruled in our
favor
because of that publication in 1990
april 16 2013 the judge ruled in our
favor
a year later september 13 2014
headlines front page like big bold
letters like third world war
in the um charlotte observer
the big newspaper like new york times
for new york for charlotte north
carolina
big headlines we don't know why now i'm
quoting the cover

headline we don't know why but sediment
death syndrome has vanished in north
carolina
three months later in all the newspapers
in the state of missouri including st
louis post-dispatch we don't know why
but sentiment death syndrome has
vanished in the state of missouri
three months later every newspaper in
the world published a front page article
said we don't know why
but sentiment death syndrome has
dramatically dropped by 85 to 95
in all countries well that's because i
forced them to put that one nutrient
in the baby farmers that doctors forced
them to keep
out and so as the doctors ultimately
were the cause
of sediment death syndrome yeah i pulled
those articles to look at them and they
really did
they really did publish that and they
they really emphasized the
we don't know why exactly
you would think that they would ask the
question why
yeah and that's what just drives me nuts
you know when i was given this
cassette tape when i was in pharmacy

school
it just opened up my eyes you know i was
i was already questioning the professors
about you know
we know that all these minerals drive
different chemical reactions in your
body if you're
deficient of a mineral you're not going
to get the reaction that you need to to
produce the vitamins and the
amino acids and break down the
carbohydrates and all that
so my whole time in school it's like you
know why if we know this
are we not looking at that as a way to
help people
get better but now you you got to take
your beta blocker for the rest of your
life
you know well that's because prozac for
the rest of your life
we don't have a beta blocker and a
prozac deficiency we've got essential
nutrient deficiency yeah well pharmacist
keith
the reason why doctors do that and the
reason why pharmacists push that
is the pharmaceutical companies give
them money to send their kids through

college

okay that's it's that simple and i you

know i hate to see it that but

the medical profession has been turned

into a pack of criminals

for money instead of the truth and every

once in a while we'll find

uh somebody who's interested in the

truth like yourself

i actually talked to a medical doctor

two days ago who's 88 years old

he's a medical doctor and an attorney

and he had like 12 different diseases

right

you know his his buddies in his clinic

that he was working

with all these years we're giving him

prescriptions for all these diseases

which are just simple nutritional

deficiencies i spent two hours on the

phone with him

and his sponsor one of our young tivoli

associates

and he's just foaming at the mouth

getting angry and angry he says

yeah i'm looking this stuff up online as

you're telling me and you're right

how come we don't know this they says

well that's because your professors you

know and the schools are getting paid

so you don't know it yeah okay and so
you know you don't like to think that
but the the most important thing for the
medical system was health insurance
because it got people who couldn't
afford doctors to go to doctors
the doctors got paid by the insurance
companies and then of course
the pharmaceutical industry pushed their
side of it
and so the doctors kept saying take tums
for calcium when you had osteoporosis
yeah instead of taking all 90 essential
nutrients because your bones need more
than just calcium you need
your bones need 90 essential nutrients
well there's a famous kentuckian i think
me and you would say
infamous kentuckian named abraham
flexner
and he has a big role in
the way which way our medical system
runs nowadays
uh you talk about that and uh i don't i
don't remember if it was in dead doctors
don't lie but i know it was in one of
your uh
your talks yeah by abraham flexner and
go ahead no no you start

well i was gonna say how he was hired by
the rockefellers and all these uh
big pharmaceutical magnets to
go around to the go around the country
to every medical school that there was
out there and find out what type of
medicine they were teaching
if they were teaching allopathic
medicine which is the use of
pharmaceutical drugs
then those hospitals got big grants from
these guys
and if they weren't teaching it they
were not funded whatsoever
and that's how the allopathic medicine
has
become the standard of care in the
united states
you know you get an a plus my brother
because
you're exactly exactly right and of
course all the hospitals and all the
medical schools and all the
pharmaceuticals and
well yeah you know you need to look at
that flexor report right
yeah um because they're steering you in
the wrong direction
you don't want to go that direction you
want to know the truth

and the truth is through us we've got
several hospitals on a street called
abraham flexner way right here in town
wow
so what's the difference between
allopathic medicine and
naturopathic medicine and and some of
the others
what's the difference in of how they
look at uh treating
well actually it depends on what school
you go on because there are some
naturepathic schools that are more
allopathic than allopathic schools right
and
for instance um most even
nature pathway schools still believe
there's some genetics involved in some
of these diseases where you have five
generations of your family with diabetes
or something like that
no they all live in the same county
they'll eat the same way
they're all eating a lot of um bread and
and spaghetti and pancakes for breakfast
and breakfast champions wheaties for
breakfast that kind of stuff and
hamburger buns
they're getting all this gluten and they

cannot absorb anything

so everybody in this county is getting

all these diseases

whether they supplement or not say it

doesn't matter if you supplement look

these guys are taking all these

supplements they still get diabetes

well that's because they couldn't absorb

those nutrients because their intestines

are damaged

and they say well well why is it

suddenly now when i'm age 60 i started

getting all these diseases i've been

eating gluten all my life

well that's because gluten doesn't cause

a problem i mean

i've got a couple questions before we go

there i guess i better read the

disclaimer that the

fda and ftc and everybody else wants us

to read

any food and dietary supplements

mentioned in this presentation

are intended to contribute to the daily

diet and overall health

and are not intended for use in the

prevention treatment mitigation a cure

of

any disease or health related condition

individuals who

have or suspect that they have an
illness or wish to commence a diet or
exercise program
should consult an appropriately licensed
health care practitioner
for a medical history evaluation
diagnosis
treatment and health recommendations and
i always want to add further to that
seek out medical professionals that
want to take a more holistic look at the
body not just
prescribing a pharmaceutical but want to
look at a holistic approach
i mean i'm a pharmacist i dispense
medications
my my opinion on it is the medications
are supposed to be temporary
until you can get your body to help fix
itself and that's why i relate so well
to uh dr wallach and
his message i recommend
get the dead doctors don't lie uh tape
get the let's play doctor book uh get dr
white's uh
uh four pack of books um
in the cartoon
including the new one it's all in your
head yeah there you go

yeah there's 25 different diseases you
get from osteoporosis of the skull
and you go to you go to all these
different
specialists you know neurologists and
ear doctors and eye doctors and throat
doctors
and uh you get all these expensive
implants and and surgeries
and you get neck surgery and back
surgery um you get carpal tunnel
surgeries and all this kind of stuff
it's really just osteoporosis of the
skull and oh yeah the dent all the
dental work
is caused by osteoporosis it's called
receding gums loose teeth
migrating teeth that's where these kids
need to go to
um these um dentists that put braces on
them you know
and so forth um
it's amazing and of course it tells you
in this book the 90th century nutrients
you need to take to prevent this or
reverse all these diseases you're going
to see all these
fancy specialist
when all you need to do is take the 90th
century nutrients and get off the gluten

so you can absorb them
okay rhonda asks she has lipidemia
and she got an infection in her leg so
the doctors think it's cellulitis
they've gone through three rounds of
antibiotics and
wonder uh if they still have an
infection or something else
is going on well the odds are there's
something else going on the odds are she
has a gluten problem she's got
celiac disease they haven't diagnosed it
and she doesn't have belly pain or
anything like that
and so she's not absorbing all these
nutrients
what happens is when you have the blood
return coming from your legs through the
veins right
right they have to go through the same
are the same veins
that the blood goes through from your
intestines
and since your intestines are all
plugged up those veins are being
pinched and so when you get this this
lymphedema and edema and your legs and
so forth and nothing can solve it
is because you have a gluten problem

squeezing the veins return veins in your
body and so the blood can't get back to
the heart
okay so here's a case where you need to
get off the gluten
absolutely no no gluten of any kind no
wheat in the body rhinos well well
i bought the gluten-free oats well there
are no such things as gluten-free oats
um the gluten in oats is called gliadin
when you look at an analysis
of oats it doesn't say gluten it says
glyan says say there's no gluten there's
no gluten in there
well gliadin is gluten yeah you look at
the chemical structure and they're very
similar yeah and so you have to stay
away from them
and get on the 90th century nutrients
including what we i like to throw in
when you start getting edema in the legs
or any place else
i like to throw in the ultimate daily
classic tablet supports healthy blood
pressure but also supports healthy blood
flow
through blocked arteries also reduces
inflammation
in the lining of the arteries and
this is one of those things where

this book here it covers that because
when you start getting
a lot of these issues in the skull
including uh
you start getting um oh
say edema of the eighth cranial nerve
the the um nerve the controls
the thinking in the brain and people say
well i just i can't think very well
today
well that's because you got an edema in
the brain squeezing those nerves
the the um the auditory branch of the
eighth cranial nerve
okay and also the vestibular branch
which is
for the spinal cord the eighth cranial
nerve and it's one of those things where
you have to be very very careful
and it's one of those things
where you have to get rid of the cause
which is get rid of the gluten right
right no we brought around so your
intestines will heal
and then you will not have a problem
your
your body can heal your intestines can
heal and say four to six weeks
but you got to be on it and avoid all

the gluten so you can

and take the 90s so you can heal

all right next question i have is of

stroke uh 80 year old woman just had

stroke

history is back when she was in her 50s

she had a quad bypass

nothing since then until this stroke it

was very mild

uh only 80 pound lady

okay well of course stroke when you get

a blood clot

in an artery okay or a vein either way

and you can't return blood or you can't

pump out blood

uh these blood clots are caused by a

deficiency

of omega-3s okay

and omega-3s are required to prevent

blood clots

one of the things one of the 20 things

that omega-3s do

is keep the blood flowing and prevent

that and so

um but you got to get rid of the gluten

out of your life so you can absorb the

omega-3s

because if your intestines are damaged

one of the biggest structures you have

to absorb are the

fatty acids and so as um
this is why everybody when they get over
age 50 60 years of age they start
getting
blood clots here and there and they
start getting
fat and cholesterol plaque in the
arteries and everything
is because they're missing these
nutrients which prevent all that
and so this is where these these books
uh i like the quartet of books here you
know the let's play doctor let's play
herbal doctor passport form of therapy
and the fourth one it's all in your head
okay and they cover 600 different
diseases
uh what causes them how prevent them and
what to take nutritionally to reverse
them
it's one of those things where um
uh you have to be really proactive
you can't just say well you know i have
a
a doctor he'll give me uh bypass surgery
uh if i get a blood clot in my artery
well you don't want to get a blood
plaque on your already because you may
not

live long enough to go get the bypass
surgery
yeah this particular person is someone i
know and i actually
was able to sit down with the
hospitalist
and he agreed with me on increasing
omega-3s and did not put this person on
any blood thinners
just put her on a triglyceride drug to
get the triglycerides down
and i know the omega-3s will do that as
well so
he wants to see wants to see her in uh
six weeks to see
if we got that under control just using
those two methods
so i was amazed a doctor that was open
yeah as long as she's avoiding gluten
yep then she'll be able to absorb those
nutrients but once you damage the
intestines the villi are gone
it's a slow slow process over a period
of years
and that's why you see and i i hear this
so many times
but i've been eating oatmeal all my life
why suddenly at age
70 am i having a problem well that's
because now 90

of your intestines are damaged it took
you 60 years to go from a healthy
intestine to
bit by bit cell by cell losing
the lining of your intestine and now
you've lost 90 of your lining of your
intestines now you're starting to get
clinical diseases
back when you only had 50 damage your
intestines could
still absorb enough nutrients so you
could avoid these problems well now you
have 90
block you know 90 dead tissue in your
intestines you cannot absorb these
nutrients and that's why you're getting
a disease
and so it's one of those things where
you have to understand what's going on
doctors are not taught this in school
and that's why only dead doctors don't
lie
got another question for you we don't
have a lot of time left so i'll get to
this one
this person said had a full thyroid
removal after thyroid cancer
20 years ago has had molar pregnancy
and stage three abnormalities in the

cervical smear test

what she's wondering if they're related

uh

well they were related from the st to

her thyroid replaced

[Laughter]

okay well you can take you know thyroid

medication to replace your thyroid

that's that's not

that's not the issue the issue was you

weren't absorbing the nutrients your

thyroid gland needed so the thyroid

gland could make its hormone

because you had problems in your

intestine because of gluten

and so um the gluten doesn't just

narrowly

block the absorption of one nutrient it

blocks all the nutrients

blocks medication people said yeah

yeah the oral medication didn't work for

me i had to take

injectable uh insulin so the doctor

said i had type 1 diabetes well how old

were you well i was 65 years old and

he diagnosed with a type 1 diabetes no

you're born with type 1 diabetes

uh just means your intestines were

severely damaged you couldn't absorb the

nutrients necessary to prevent

diabetes and so you had to go around the
intestines
with an injection okay and so this is
why
he said he had type 1 because he's
missed it all these years
because he didn't tell you to get off of
gluten
yeah so the gluten is definitely the
biggest part of it
and another thing when it comes to
cancers a lot of time too
it's it's you're getting way too much
sugar in your diet as well
and sugar likes to feed these cancers
yeah well sugar is a fuel
and anything that's growing fast will
suck on you know more fuel
yeah and of course um if you're not
absorbing the nutrients
your pancreas can't make the insulin
okay
and so it's all kind of related
and so that's why you have to have
injections and it's the same way
when it comes to blood clotting okay
um you can't you can't make um platelets
if you're not absorbing the nutrients
for your bone marrow to make platelets

and you'll have bleeding issues we still
got a few minutes here so one
last question okay this person just
posted
reoccurring shoulder pain
i know the glutes a big part of it so
we've already covered that part of it so
what's the nutrient side of that
okay well we have we call the healthy
bone and joint pack
there's 90s central nutrients that are
necessary
to rebuild and maintain cartilage
ligaments tendons connective tissue
discs between a vertebrae bone makes a
bonus so that includes the shoulder
and the disc between the vertebrae the
neck and you know
all these other symptoms okay that are
related to that
okay people who get for instance atrial
fibrillation
it's really a disc problem when you're
just shrink because you can't get the
nutrients
you can't absorb the nutrients your
intestines are all damaged
and the vertebrae get closer again they
smash the roots
of the first four um spinal nerves

okay um you get um
what's called atrial fibrillation and
tachycardia fast heart rate
and doctors will want to do an ablation
which they open you up and
and they put a hot soldering iron in
your heart and they actually killed
elijah cummings and this is just gosh
got to be just a year ago
they killed the state um u.s senator
excuse me u.s
congressman they killed his u.s
congressman elijah cummings from
baltimore maryland
and he'd been a congressman for like 40
years
and they killed him on the operating
table when all he had to do is come to
us and in two weeks time
his his um
uh tachycardia okay his fast heart rate
and his afib had been gone
and then if you get osteoporosis to the
skull
okay it squeezes the roots to the 12
pairs of cranial nerve in your spinal
cord
including the 10th cranial nerve the
vagus nerve which controls the rate and

rhythm of heart you can also get afib
and tachycardia from that
and so you can have a two-source problem
there
and so you got to get of all the bad
foods the fried foods the processed
meats
also glutens we brought around oats you
take your your 90 essential nutrients
okay with the extra stuff uh okay for
uh collagen more glucogel
that kind of stuff more
of the things that are going to be
necessary to make a disc
okay the
collagen peptides vitamin d3
and it all goes away without surgery
without the risk of death
yeah so to me the bone and joint issues
is some
some of the easiest things uh for people
to uh
uh help their body uh repair uh just
making sure they get
all those nutrients yeah pharmacy i do
this with professional athletes
i mean that's their life is their joints
yeah their back and their shoulders and
their hips and their knees and their
ankles and their elbows

and back and so forth and so i created
these things for professional athletes
and olympic athletes
and we have saved so many thousands of
professional athletes olympic athletes
and university athletes backyard
athletes
the company team athletes and so forth
this is easy stuff
give us 90 days before you go see a
surgeon
yeah what's causing all that pain is
that bone is just
grinding on the nerves and the uh
you know in the joint there and it's
just it's causing pain
i mean i've crushed my leg
2004 i think it was
and i had a lot of pain for years after
that and
thought that you know there's nothing
you can do about it because it was a
severe injury crushing my leg and
i'm embarrassed to say it just a couple
years ago i started on the bone and
joint pro
program and it was amazing what it did
in such a short amount of time
how much time i needed went away how how

long before you could actually see
benefit
oh it was just it was just a matter of
weeks
okay and then how long have you had the
problem oh i had it since i crossed that
leg in 2004.
well there you go yeah so it amazes me
that's why i said that's one of the
easiest things to to help people with uh
i know you've got to get off here i want
to uh thank you for uh
for your time today uh this uh episode
today is sponsored by hemp fx
soothe hip fx soothe is uh uh
you know i just mentioned that accident
i had several years ago
um any time the weather changes you know
i get that
that pain in my foot uh you know it it's
it's a fantastic predictor of weather
change and when that happens
i just put a little bit of this hip
effect soothe on my foot
and it helps that pain go away so you
know maybe you've been working out in
the yard or
or you work out the gym and you get
those tight sore muscles and joints
uh you know any time that you need

relief you want to try the

uh the hemp fx soothe uh it's a

uh made with a proprietary

organically grown hybrid hemp plant and

it's combined with several uh essential

oils and other botanicals

to to help the uh cbd

the hip plants work even better that's

what i like about dr white and all of

his programs all of his nutritional

products he's out there

he doesn't look at just one ingredient

to solve a problem like most of the

nutritional industry does

he looks at what can be combined

together so you get a synergistic effect

from it all

hemp fx soothes comes from usa sourced

farms it's non-gmo and if you'd like to

learn more about hemp fx visit aim

high with hemp dot com a-i-m-h-i-g-h

w-i-t-h-h-e-m-p dot com

and if you'd like to get dr wilds books

go to

d r j wallick that's d r for doctor

j for his first initial wally

drjwalic.com

you can see all the books he has on his

website there and cds and

dvds and even i think you can still even
find some cassettes on there yeah so go
visit dr walik's website
and um see the all the uh wonderful
books he's got there
and one last thing i've got two free
gifts for you just for
uh participating in this uh zoom uh i've
got the uh
uh audio uh somebody needs to go to jail
that dr wally came out with a few years
ago and he goes into all the reasons why
the medical system is failing us and the
other
uh free gift is a report on why
young athletes to die so go to d
d d l video dot com
it's d d d l as in dead doctors don't
lie
d d d l video dot com and you get those
two free reports
dr white i really appreciate your time
well thank you so much um pharmacist
keith a beautiful job as usual thank you
and thank you for being so kind and and
talking to all of our distributors and
so forth and our customers and our
patients
thank you god bless you i think you are
the only good pharmacist on earth thank

you sir

i'm not the only good one but i try

thanks again guys and when you're

on that website the dddl video website

there's a

health evaluation that you can take

there that

will give you a better idea of where you

stand as far as

nutritional deficiencies and some of the

ideas that

you can use to help your body

support your body's ability to repair

itself dr wagg i know you've got to go

thanks a lot i appreciate it thank you

god bless you sir god bless you

i hope you enjoyed today's episode with

dr walik and if you found value in the

episode

please share it with others also hit

that subscribe button then be sure to

hit that bell symbol and also select all

so you'll be notified when i post a new

episode in the future

also to get those free gifts that i

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that's d as in david d as in david d

is in david l video.com

and you'll get that report from dr walk
on why young athletes die
as well as his video where he talks
about how the medical system has felt us
all
it's called somebody needs to go to jail
and while you're there be sure to take
that
tick docs health evaluation the
information collector it's only going to
be seen by me and it's not going to be
shared by anybody else
so visit d d d l
video dot com
[Music]
you
today
on living by faith you have six seven
eight ten diseases you see people like
this all the time yes
my mother had parkinson's
cancer diabetes arthritis high blood
pressure
and these are all nutritional deficiency
diseases and it comes down to two things
the nutrients
that are required to prevent and cure
these diseases are no longer found in
our
so you have to supplement to get rid of

[Music]

them

[Music]

is

[Music]

well welcome to another broadcast of

living by faith and i got to tell you

this is probably one of the most

important

broadcasts that you would ever want to

pay attention to

because if you don't begin to pay

attention to

this particular subject of this

broadcast

you may not be around very long to see

a lot of other broadcasts because this

is

about your health it's about your health

and if anyone knows the importance of a

healthy lifestyle

and having healthy practices

is this guy here some of you

have already heard you've

been aware of the fact that i went

through a very tumultuous

time health-wise about two and a half

years ago

and thank god that uh

we have this healing plan in the
covenant that god has established with
us and then we have men of god
who are called to help us with healthy
practices so that we can have great
lives
you know he was wounded for our
transgressions and bruised for our
iniquities
but there's a role that we have
in this whole healing plan and i have
one of the body of christ's
best right here in
my presence and i'm honored to introduce
dr joel wallick he is one of the leaders
in the knowing the importance of
maintaining a healthy lifestyle let me
welcome him
at this time dr wallach my pleasure sir
well thank you so much pastor mike
pleasure and thank you so much for the
kind words
yes sir uh quite deserving
i um i want to firstly
make sure people are calling their
friends and their family members
those who they are concerned about
having a healthy life to our broadcast
so
get your friends and family members and

co-workers all the people you want to
see live a long time that's
the group you want to call now now the
bible says
if you have an ought against someone go
to them and let them know that you have
an ought
the ought that i have had against you
you've taken too long to be in this
chair to talk to me
so i'm letting you know today
that i'm just thrilled to have you here
and
it's taken a while but but we made it
well i appreciate you taking so much
time out of your busy schedule and
making this happen uh i've watched you
on
uh many different ministries uh
benny han creflo dollar there's there's
so many
and i said why won't this guy come and
see me
but nevertheless you're here now let's
talk about the importance of
a healthy lifestyle just give me a
little background
of yourself how did you get started when
did the lord call you to this area of

ministry

uh okay um well it actually started when

i was four years old

wow true calling really yes sir

and when i was four years old i began to

get symptoms of what today would be

called tourette's syndrome as part of

the

add adhd hyperactivity autism

complex yes sir but back then they were

all kind of lumped into one thing it was

called hyperactivity and everybody knew

it was caused by red food dye in the

food right

and um started getting facial cramps and

ticks and oinking like a pig and

and everybody in church is possessed by

the devil right i'm only four years old

yeah yeah and my mom and dad took me to

20 different doctors over a period of

five years come on

by the time i was nine i was very

disabled um

because i i couldn't read and that sort

of thing so just barely making it

through school i think they were just

passing me so

they wouldn't have a pig in another

class all the time oh wow just pass me

off yes sir

and after the 20th doctor i'm saying to
myself
well it doesn't look like any of these
people can help me so the next day when
everybody
else in school went to lunch i went to
the library
so i went to the library and said look i
can't remember nine years old yes sir
okay you're going to know i was being
guided yeah absolutely
and so i went to the library and said
look i can't read but i need to have a
book i can look at pictures
it's simple words and it needs to be a
health book and the librarians well
there's some nurses handbooks in the
back there so i went
a little paperback that was perfect and
the last doctor had said that my
eyelashes
were too long they were ticking tickling
my eyeballs it was causing all this
i'm only nine years old and i knew that
couldn't be right
and so um you're nine years old
and you're saying but this kind of said
couldn't be right
then do you believe that was by the

spirit of god or how does a

nine-year-old

i say that all the time in my

presentation there's no way that a

nine-year-old figures this out by

themselves yes sir it had to be

environment driven and guided by the

hand of god only could do that

i have no qualms i have no questions i

know that's what happened

and i started looking under eyelids and

eyelashes to see

and i couldn't find anything so i just

started going through the a's and the

b's i got to the c's i said cramps

oh maybe this is a cramp because

football players are always talking

about cramps

what are the pages said to go to and

it says caused by calcium deficiency

well that lit up a light in me because

before the bus would pick me up in the

morning to take me to school i had farm

chores to do them one of which was to

feed the calves

out of this big paper bag of alfalfa

pellets with corn and soy beans and

vitamins and minerals in it

and i could read the the analysis tag

and said i remember it had calcium in it

and so that day after school bus let me
off i just ran right to the bar and
started eating handfuls of these little
come on yeah tastes like sawdust but i'm
saying yeah yeah yeah yeah certainly
and i filled my pockets with it the next
day for breakfast i threw the cheerios
out in the
front yard with the chickens i'm filling
my cereal bowl with these alfalfa
pellets
for the calves put milk now what are
your parents saying
at this time my mom snatches it away
from me she said that's animal food you
can't be eating that
okay my dad took it away from her he
says look nothing else has worked for
five years let's let him try it wow
so he gives it back to me the third day
pastor i was cured
after five years of getting worse and
worse worse being totally disabled in
three days i was perfectly cured
come on now the story gets better talk
to me
after a couple of weeks in church people
are noticing that i'm not oinking like a
pig and having my facial tics and

any kind of thing and flailing my arms
around and disrupting everything
yeah what was life like that well as a
kid because everybody's everybody
was they avoided me yeah and teasing you
and
well then when there was a group of them
they would tease me one of them by
themselves they wouldn't want to be
around me because
they knew i was possessed by the devil
so after a couple of weeks people are
whispering and pointing to me in the
church
because they noticed that i've changed
yeah nobody said anything to them
but they're noticing after the third
week this lady in her 80s comes to me
and says i have diabetes can you help me
now that frightened me i said i'm a kid
i'm a kid i don't know what to do i
don't know you're still not
it was only a couple of weeks later and
so i began to read up on diabetes and so
on
and of course i wanted to know more
about
all this healing i was reading about and
being taught in sunday school in the
bible

and so uh when i went to college my
first thing i did was go to
agricultural school okay so i just want
to be a scientific farmer
go back to being a scientific farmer
halfway through ag school
i applied for veterinary school got
accepted so the last two years of ag
school i took the first two years of
veterinary school finished
ag school and i had to do the rotc
because the vietnam war was on
university of missouri so when i
finished actually i also graduated as an
officer and gentleman in the u.s army
how about that
and then i finished my very work but i
also started taking pathology courses
looking at diseases
interested in diseases and all of this
you believe
it's a part of the leaning of holy
spirit that's correct
we we we got to stop right there we're
going to come right back
and um continue this this
interesting and fascinating testimony i
want you to know that this is an
opportunity for you to receive

information that's going to cause your
life to be
transformed health-wise you get your
soul right you get your body right your
spirit is already in the place
we're going to be right back to hear the
rest
of this awesome testimony and then talk
about some of dr wallace's products
you can actually avoid reverse prevent
all chronic degenerative diseases none
of them are genetic
and we've we've used this system in
animals we've been able to reverse these
diseases and animals every disease you
can name we've been able to do it
and for 36 years i've been employing
these principles in my human patients
it works every time it'll work for you
too my wife
struggled for quite a few years i had
chronic fatigue
i had arthritis i had corporal tunnel
i could not go up and down stairs
without grabbing the rail
and walking up each foot on each step to
get up
we heard about dr wallach we went to his
first meeting
and it's been uphill ever since i can

run up and down the stairs now
my younger sister her health was worse
than mine her legs would go
out on her she'd just be down on the
floor doctors had told her
it's hereditary there's nothing we can
do for you and eventually you will be in
a wheelchair
she had severe fibromyalgia ringing in
the ears
and asthma and she would spend most of
her day
sitting on the couch she was wishing
that she could die
and praying that she would and within a
month of having absolutely
wonderful results her legs have never
gone out on her
once she has not had an asthma attack
the ringing in her ears is
almost gone not quite completely but she
does no longer has fibromyalgia
and she's energetic and going like i am
we've had the opportunity and do
introduce over 300 people
and we've seen amazing results from
different people with almost everything
you can imagine
we have two people in our group who've

completely gotten up from their diabetes
medicine
and having better results than when they
were on the prescription drugs
i'm a firm believer in dr wally i love
what he's
done and is doing for people
hi i'm dr joel wallick and i'm going to
give you the truth about nutrition
what i would like you to do is give me
90 days to show what the 90 essential
nutrients can do
for your health hi we're back and thank
you for watching
let's let's go right back into where you
were
share share continue okay pastor mike um
i was
finishing up veterinary school and i
started taking pathology courses because
i kind of liked you could always find
the answer what killed people
yeah and what killed animals and so i
was doing that
and i ran into the fast i ran into the
first mass die-off
in america from pollution and
got it written up i'm only 21 years old
i'm a graduate student got written up
published

and i gave copies to important people in
the university into marlon perkinsmill
mutual mahal kingdom show
and when i graduated
perkins i had worked for him as a kid a
little kid
he sent me to africa to work on the
white rhino conservation project in the
african elephant conservation project
okay and then two years into that he
sends me a letter said look i just got
this big grant to study pollution
as a cause of death in people because
it's back in the mid 60s when everybody
knew the earth was going to end in two
weeks from pollution
and so they need to have you come back
and be the pathologist on this project
make a long story short it was a 12-year
project
like 25 million dollars which is a lot
of money for a 24-year-old kid
oh absolutely and um
uh to make a long story short did 20 000
autopsies
17 000 some change of over 454 species
of animals
and then 3 000 humans and looking for
pollution as a cause of death

in these zoo animals and people because
the people were getting the same food
supply of the animals were
from the wholesalers to those grocery
stores from the wholesalers to the zoos
okay and again to make a long story
short what i found was pollution had
nothing to do with causes of death in
the zoo animals or humans
it was all nutritional deficiencies all
nutritional deficiencies caused heart
disease and diabetes and
arthritis and alzheimer's disease and so
on
and i knew how to prevent these and cure
them
and the book that came out with 1200
pages which was my thesis for my
post-doc which is my
phd essentially yes sir it's in the
smithsonian institute as a national
treasure
because i found out the cause of all
these diseases were not genetic
we're not autoimmune even sickle cell
anemia that got
andy young from the civil rights
movement all excited about it
because i can prevent i can prevent
sickle cell anemia even everybody in the

whole family's got it the next babies
won't have it
and i can actually deal with it much
more efficiently than with drugs
using nutrition my god i've been finding
type 2 diabetes in crocodiles now how
does a crocodile get a human genetic
disease so it all turns out was just all
simple nutritional
formulas and this began to be the basis
of me
following what god started when i was
five years old
to treat people with his stuff
the food and the lifestyle yes sir so
that and
the bible always rails against
pharmaceutical right
absolutely and so i began to do this and
i'm finding cures
for diseases are said to be genetic in
kids i'm finding cures for
diseases that are said to be genetic in
the black community like high blood
pressure and diabetes and
obesity yes sir congestive heart failure
alzheimer's disease these are all simple
diseases i can totally prevent and
reverse

just for nutrition totally prevent and
reverse and reverse
i can make your church family disease
free in six months or less
come on using his
methods i love it
now now when let me let me take you back
leaves you speechless yeah right right
it does and i'm sure all of our viewers
are watching and saying
and wondering how and where has this man
been well it comes down to again after
those 20 000 autopsies the bottom line
of what i learned was
that every vertebrate whether you're a
crocodile or a turtle or a fish or a
human being or a rat or a flamingo or an
elephant or giraffe
all vertebrates require the same basic
nutrients if you're missing any with
them
you get diseases and the same deficiency
in a crocodile will give you the same
deficiency in a human
same disease nobody's ever seen that
before because
say an expert one particular disease
they might do an autopsy on 500 white
rats
okay or 50 dogs nobody's ever done 454

species of animals in one project

plus humans and so i know that had to be

a god thing because

no man could put that together now

now back up for a moment because when

you are

four this happens okay

nine you begin to eat

the animal food the animal food

all is is connecting to your purpose

and what god had that's right he was

training me training you

through this process that's correct and

then you are

given grant you're given these

opportunities

to create all of these studies

yes sir and and then you come to find

out with the relationship that you have

with the lord

and the relationship that you have with

plant-based

eating food you

you now have discovered how to totally

eradicate in someone like me

high blood pressure diabetes well i

don't have

those things but an african-american man

okay it's not uncommon for any human

being regardless of race
to have six seven eight ten diseases you
see people like this all the time
my mother had parkinson's cancer
diabetes yes arthritis high blood
pressure
and these are all nutritional deficiency
diseases and it comes down to two things
the nutrients
that are required to prevent and cure
these diseases are no longer found in
our food
so you have to supplement to get rid of
them so what is all of this medication
doing that she
was prescribed and taking
with the exception of antibiotics which
can cure syphilis
and lyme disease and bacterial pneumonia
okay prescription drugs the only one
that cures anything is antibiotics
all other prescription drugs pastor
are designed to relieve symptoms and
people are very grateful oh i was in
such pain for years
i take this new painkiller these opioids
and
no more pain but the disease keeps
getting worse in five or ten years later
they die

because because prescriptions are only
treating the symptoms
not the disease absolutely so
the things that you have given me
are are now and i can i can tell a
significant difference
in my life pressure's good no diabetes
none of the above uh the same things
that
my mother and father well my father
didn't have the parkinson
but they were when i went to the doctor
he was saying well if your mother has
this and your father has this
uh i i might as well get prepare you
right bill this is a false series
there's been thousands of false theories
every century going back to the days of
christ
okay with the sorcerers and the and the
physicians of the day and so forth
and the 20th century pastor in the 21st
century no different they have all these
false theories when they don't know
something they blame it on
uh they blame it on genetics okay right
absolutely
or um they might even blame it on
autoimmune

okay the body's attacking itself well it
comes down to all of these are
nutritional deficiencies
and these are the pre-existing
conditions that are breaking the
insurance companies now
and people will have these diseases for
10 15 20 30 years
we can get rid of them in weeks
we can save the government so much money
we can save
families so much money nobody's
interested in that it's that
that kind of money that you would
literally be
taking from that industry
by now creating all of these healthy
bodies
who would want to know you well
and of course the cost of doing this
through nutrition per 100 pounds of body
weight because it goes by body weight
per 100 pounds of body weight it'll cost
somewhere between
depending what diseases you have
somewhere around three to four dollars
per day about the half of a cost of a
cup of
exotic coffee come on yeah as opposed to
thousands of dollars a pill

and the products that you have will
increase your
the deficiency how do you the
supplements that i'm taking
now that you have given um
duck you got me here's what they do
um your body has been given by the lord
and that god is the best physician right
absolutely and god has
put into us our body's ability to
maintain and repair itself
but it requires raw material to do that
these nutrients are no longer found
under food so our bodies alone cannot do
this anymore it has
it has the processes but it needs the
raw materials the body is just a
blueprint
and so we need these raw materials for
it to put to work to maintain rebuild
ourselves
and so what i learned to do through the
animal industry because we don't have
health insurance for animals
mm-hmm right yeah and so a farmer for
instance he doesn't want to feed a
hundred cows and have 25 birth defects
and
75 normal calves and 25 with birth

defects he's going to go broke
so we we got to quit that we got to quit
that now listen
um you you
you gotta get more information his
information
of his website and all of his products
are right here
on the screen i'm not trying to sell you
anything i just know
the benefit of what this man's knowledge
has
done for this man who's sitting right
here before you
and so uh when i get a hold
of something that's going to advance the
body of christ
i'll be the first one that will run back
and tell you the good news
about how you can live and have this
abundant life that god has called
this is not by coincidence that you are
watching this broadcast
you happen to tune in today to advance
your life or possibly the life of your
family members mom dad you can benefit
from this broadcast
next week we're coming back with dr
wallach we're going to be sharing again
some of the same awesome information

that you need to just hear about

thank you for tuning in it's been a joy

remember

life is better when you're living by

faith

we'll see

[Music]

dr joel wallick's groundbreaking studies

over decades of research

have revealed numerous facts and truth

about your health which are radically

different from what you have been led to

believe by the medical community

these findings have been distributed

worldwide through the material on this

phenomenal cd

dead doctors don't lie with more than

200 million copies in circulation

recorded during dr wallach's lectures

this cd touches on a wide range of

subjects including aging

heart disease cholesterol arthritis

cancer diabetes

alzheimer's and pregnancy in all dr

wallach addresses 25 topics and engages

in question and answer sessions with the

audience

and his book is a comprehensive

expansion of the material on the cd with

over 400 pages of information which can
significantly impact your quality and
length of life
you'll learn how to identify 90
essential nutrients many of which are
not available in food
prevent and reverse 412 diseases with
vitamins minerals and herbs
reach your genetic potential for a long
and happy life
eliminate a major portion of costly
medical expenses
take responsibility for your health and
much much more
dr wallach's dead doctors don't lie 400
page book
and multi-million selling cd can both be
yours today
for a gift of forty dollars it's not too
early or too late to gain the knowledge
and tools you must have to rescue and
revolutionize your health and that of
your family and loved ones
call or order online today
and so this professor who was trying to
teach newly graduated doctors
about seniors he said let's look at this
guy and he said well why sir do you eat
or what do you tribute your youthful
looks to in your youthful

uh blood work as well i eat 25 eggs a
day what
yeah i've been doing for 17 years and we
do it for the next hundred years why do
you eat
25 eggs a day is because it gives me the
sex life of an 18 year old
come on
[Music]
so welcome back we're here some
interesting things
i've learned and we've talked about in
our last broadcast i pray that you were
here
and you heard all of these things this
is not a stranger to the body of christ
nor on this topic and
dr wallach is here with us again and i'm
happy to welcome him to living by faith
broadcast doc
thank you for being with me again pastor
mike i feel like family i really
appreciate your help
oh i appreciate you so much now now
just talk yesterday we talked about
eating eggs i've been removing the yolk
from my eggs
because they they
were given this information okay this

all started out
in 1901 when the german navy went to a
german chemist by the name of wilhelm
norman and berlin university
said look we need a synthetic smokeless
diesel lubricant for german submarines
by 1904 he'd done it at the end of the
first world war they didn't need it
anymore so he was allowed to sell it to
a british soap manufacturing company
they couldn't sell the soap because
everybody's making their own soap
so they sold it to procter and gamble
here in the states come on and they
couldn't sell it remember this is a
diesel lubricant for german submarines
yes sir they couldn't sell the soap
because in the 20s 30s 40s everybody's
making their own soap and so they
decided to turn it into a cooking
shortening called crisco
remember this is a synthetic diesel
engine lubricant for german submarines
now it's going to be a cooking sharding
and grandma didn't want to use it
because she's using lard butter cream
and eggs absolutely
40 generations of grandma's before her
well
so this guy by the name of ansel keys

who's the head of department of medicine
at the university of minnesota was on
the board of directors of procter gamble
is also the board of directors of the
american heart association
he brokers the deal by which procter
gamble gives the american heart
association 1.7 million dollars
which is kind of chump change today for
big institutions back then was a lot of
money
yes sir so they took it in exchange for
endorsing crisco as a healthier way to
eat than buttercream
lard and eggs they couldn't sell it
so ansel keys goes to an advertising
firm said how do we sell this
well he said you have to demonize what
grandma's doing
so then she'll go to the heaven piece
with church music and butterflies
yes sir is going to be the crisco well
they did an analysis of lard buttercream
and eggs they got
two common threads cholesterol and
saturated fats so they started
demonizing that just so they could sell
the crisco
okay and then they threw in the

mediterranean diet which there was no
research on nothing that just made it up
out of their head
and that began to sell it was romantic
so they began to sell the crisco
well since then we've gotten
about 14 diseases that
going to chris go into the lard
buttercream and eggs okay we've switched
and the switch we wound up with low t
low testosterone
ed erectile dysfunction menopause at age
30. oh wow
adrenal exhaustion and alzheimer's
disease
all those are caused by a cholesterol
deficiency
it turns out the cholesterol is an
essential nutrient and it has nothing to
do with the cause of
plugged arteries and plaque in your
arteries it's all it was all
a fraud to sell crisco
and and and so but people
have to be sitting here just like i
when i first heard you some years ago
by what authority do you speak who is
this guy and
and you're brilliant all of the
information you have concerning

all of these deficiencies well well

pastor mike

um this thing this story about the

crisco and yes sir

and um getting rid of cholesterol

winding up with all these cholesterol

deficiencies

was a two full page story in the wall

street journal three years ago

now you realize that wall street journal

is a financial newspaper yes sir so when

they talk about health or anything like

that it's always one column wide two

pairs long

we're talking two full pages to tell

this story

and then a couple years later five full

pages in time magazine

same story and nobody paid attention to

it

even though on the cover of these things

is telling you about

don't listen to this thing about don't

eat the eggs eat butter don't use

margarine eat butter

all the opposite what the doctors have

been telling us that was all to sell

crisco absolutely and so we wound up

with all these diseases now they're

happy

because they make billions of dollars

each year for the sale of c

alice and viagra and and premarin which

is made out of horse urine for women to

get artificial estrogen for

for um menopause at age 30. yes sir yes

sir

and then they make billions no they make

trillions of dollars on statin drugs

lower your blood cholesterol

that's what makes the doctors and the

pharmaceutical companies really happy

because

now they get to treat alzheimer's

disease which is caused by deficiency of

cholesterol

and your mind is just clicking

away like well that's because i've done

eight thousand human autopsies i've done

forty thousand animals you've done eight

thousand human aunties yes sir and

forty thousand animal autopsies from 454

species of animals

nobody else has ever done that before

i'm not smarter than anybody else but

god has

put me to possession absolutely to to

be confronted with all this information

and

as a result i know things that nobody
else knows they've seen it with their
eyes
but they didn't couldn't understand they
couldn't interpret it because they
didn't have the information
and most of these autopsies that you
have
they're published okay and and
you have also witnessed the deficiencies
yes sir well this is all done by
biochemistry
yes we spent millions of dollars doing
the biochemistries all the tests
and again this is why my 1200 page book
that's my essentially my
phd thesis 1200 page book that came out
of this
study is in the smithsonian institute as
a national treasure
because you cannot find this information
anywhere else
come on so so these black
uh genetic lies
to talk about that okay well this all
started
um when i actually rebuilt andy young's
knees he was going to get a double knee
replacement rebuilt his knee so he

didn't need the surgery
he was introducing me he was so excited
about it we were talking about sickle
cell anemia and hummingbirds and deer
and
why he could get a quote genetic disease
unquote from the black community into
deer and hummingbirds
which is really just nutritional
deficiency not not genetic as doctors
were saying
and so i was able to rebuild andy
young's knees with
our nutritional program so he didn't
need surgery and
i believe that's what kind of
contributed to my mom
passing away uh she needed knee
replacement
at 80 something like that she's never
done surgery on her 87
right i could rebuild her and say 90
days
and she'd still be alive today
using god's principles now
so if creflo dollar and andy young call
me in 1991
they said look um emory university has
told us
that pastor dollar's daughter is not

going to make it she's 11 and a half
years old she's got a genetic form of
asthma found in black kids
and she's not responding to maintenance
medication nor
to emergency medication and she's not
going to be 12.
she's having so many crises now with her
asthma emory university says she's not
going to be age 12.
get ready for her loss because tomorrow
you could wake up she'll be dead
it's going to happen quick say calling
can you do anything yes i know what's
happening here i can help you i can get
rid of that
they were putting their hand over the
phone i could hear them whispering
shirts there i'm sure pastor daughter
said well emery university said
genetically she's going to die yeah and
here's this guy
i don't even know who he is he's saying
he can help her so get back on
and so i said yes i said the reason why
she's not responding to the maintenance
medication
and the emergency medication is she's
not absorbing it

she has something called gluten
intolerance she's her intestines are
damaged
she cannot absorb the medication
that's the problem so we need to get her
and your whole family everybody in the
family grandma and
pastor taffy and everybody in the
household
on the cook and needs to be on
a gluten-free diet no fried foods no
processed meats no oils no glutens no
wheat broth around oats
and then here's the program for her to
rebuild uh her lungs
and get rid of her asthma and praise god
praise god pastor in two weeks she was
cured
after 11 and a half years going downhill
you know she was
cured using god's stuff wow
and so un unsolicited a month later i
get this very large check lots of zeros
on it
come on from pastor come on and i don't
take any money
for telephone con consultations giving
lectures i don't take the money for the
sale the product i don't make anything
from the sale of the products because i

don't want people to think i'm doing
this
i love it i love it yes sir i don't want
people think i'm doing this for the
money
yes sir i don't make any money for the
sale of products yeah
and so i said i have to give you this
check back and i'm calling you to tell
you this personally because i didn't
want you to think i was rude
and rejecting your check and i just want
to thank you for your kind thoughts
he said well can you do research i said
yes sir and what kind of research you
want we said well
after what you did for my daughter i
want you to find out all the diseases
that are said to be genetic in the black
community that are not
i want to know how to prevent them and
cure them oh you got to stop right there
you got to stop right there
okay because one once we return we want
to talk about
this information that doc put together
and it's going to bless your life stay
tuned don't go anywhere
hi i'm dr joel wallick and i'm going to

give you the truth about nutrition
what i would like you to do is give me
90 days to show what the 90 essential
nutrients can do
for your health we're back and i want to
get
right back into black
jeans lies that's right yeah
and we do have a book and we have two um
cds that go along with it
and the research was paid for by uh
pastor creflo dollar
okay okay and he i love doctor that's my
main man i thank god for him
yeah oh yeah he's been such a wonder um
introducing
more and more great things that god does
absolutely appreciate him
and um so anyway he he sends me this
money which i can't take so
i i wanted to send it back to me says
well do the research with it and
and what did he want reasonably you
can't take it because you're not in it
for
for the money for the money you you
sincerely want
us to know the body of christ god's
message that's correct
i love it in the world yes sir 55

countries have done this in

55 countries and the united nations you

could be a

very very wealthy

beyond well i'm wealthy in god's spirit

but i couldn't have lots of money

and so pastor dollar um he sends his

money

and i say i can't take the money and he

says well can you do research

and i said what kind of research you

want you know he says i want you to find

all the diseases that are said to be

genetic in the black community that are

not

how to prevent them how to cure them so

i hired a bunch of graduate students

with the money

and in six months time i had all the

research i needed i sent him

the manuscript to the book before and

published it i wanted his input

this is where we're going with this is

what we found and he was just shocked

because all the disease is said to be

genetic in the black community highly

pressure

diabetes obesity heart disease cancer

sickle cell anemia are not are not no

they're not they're just all simple
nutritional deficiencies
sickle cell anemia is a nutritional
deficiency in the mother
when the bone marrow cells are farming
in early pregnancy
embryo and so this sort of like cerebral
palsy and heart defects and cleft palate
and down syndrome
this is a birth defect of the bone
marrow and so it only makes
dysfunctional hemoglobin
called sickle cell anemia now it also
occurs in animals
because they can get the same birth
defect that's why my books in the
smithsonian institute
all vertebrates same deficiency get the
same disease
white people also get sickle cell anemia
not supposed to be a genetic disease
black folks certainly and so they had to
change the name in white guys
same disease but they call it
thalassemia and white guys
how about that otherwise it would
confuse the public
of course yeah right and so
um what i had to learn to do was
come up with programs to eliminate

sickle cell anemia hybrid pressure
diabetes obesity heart disease
for instance congestive heart failure as
a pastor you see lots of people with
congestive heart absolutely yes sir
sir we've known for 300 years it's a
deficiency of a single vitamin
a single vitamin yes sir the quickest
ones i've gotten rid of of
congestive heart failures a week
normally it'll take me two months or
less
get them off all their medication
they're free of of congestive heart
failure
because it's a you know for instance
when you have iron deficiency anemia
you and i would want to go to the
drugstore and get some iron of course
but the doctor wants to do a bone marrow
transplant
well that's why all the insurance
companies are going broke because
they're going with all these expensive
treatments that just
treat the symptoms right disease yes
where the nutritional supplementation
cures the disease and some of them
people know you can cure scurvy with

vitamin c

and cure berry berries vitamin b1

plaguing vitamin b3 rico's vitamin d

you can cure let's see here

uh you can cure um there's a type of

anemia

you get with vitamin b12 deficiency

obviously iron deficiency

rickets vitamin d3

but night blindness where you can't see

colors

at night yes sir it's a simple vitamin a

deficiency

what about the congested heart failure

you said what about you well i don't

tell people what that is

okay i don't want them to go drop off

their medication and get that vitamin

because they might have a problem what

we have is what we call the healthy

brain and heart pack

okay which is a more complete thing

because we can have congestive heart

failure you've got lung problems

yes and so we have to deal with all of

that

and then we give them what we call the

secret sauce which is that vitamin okay

we have that secret sauce the secret

sauce

now how can they find out if we're here
well the number you're giving them
yes sir that number the email address
the website the telephone number
miss linda our angel will be their coach
absolutely absolutely and walking
through that
step by step and they won't have to be
concerned
about their being in the imbalance as
well correct
what they're getting from their doctor
and now they can stay on their
medication
right and when they go to their doctor
for their usual in fact if they're
feeling really really good but i say go
make an action you know don't wait until
you're supposed to go there three months
from now just get an appointment go
ahead
see what he says now he said i don't
know why but you don't have congestive
heart failure
i get this all the time with diabetes
people with diabetes for 30 years pastor
[Music]
they call me so my doctor says i don't
have diabetes anymore not to take any

more medication
in 30 days after 30 years
this is god's work it never fails
it never fails i know when i got out of
that hospital after
almost checking out i mean the doctors
were this is very
very very scary it's a challenging time
for
us all but i got to work on taking
all of those things that you were
telling me about
and uh people are telling me that i
look now i i don't want to be boasting
about how i look but well you look like
a young man your skinless viewers yeah
yeah and and that's what i've been
hearing i mean
my strength i'm regaining
it's almost deadly uh and and i just
feel
a lot better the the pressure that
i would have uh challenges with
was no as normalized and
i just thought it was my exercise
a combination of that but
this deficiency that i obviously had
now you had lung problems yes sir
and of course the lungs make a hormone
to keep the bronchi

open okay keep your airways open if
you're not making that hormone those
airways the muscles just
close it down so instead of being as big
around as a quarter okay your bronchi to
your lungs
from your trachea yeah okay instead of
being a diamond or a quarter
they're the size of a diameter of a
pencil oh
you know maybe maybe an eighth of an
inch yeah so you can't hardly breathe
yes sir and darcy oh you've got a
life-threatening situation here what you
do
yeah well i've had people who were told
they only have weeks to live
they call me up in the middle of the
night we put them onto 18
of these nutrients and by the morning
time
their bronchi are back open to the size
of a quarter they're perfectly normal
you just have to give them the right
secret sauce
and this is what's on this i like the
right secrets
yeah and all of them are gods these are
man's creation

every one of these is a natural

substance

did you go back like to

genesis if you will plant-based and

you've researched all the information

that

matches certain different dispositions

of the body

and have connected that particular

vitamin with like the lungs and what you

just mentioned in the heart

and doc doctors don't pay attention to

this because they're looking for the

drug

that's going to open up your bronchi

doesn't solve the nutritional deficiency

problem

right but the drug will relieve the

symptoms but the disease what's going to

happen is when you're deficient that

same nutrient

you're going to get a blood clot in your

lung you're going to get a thrombotic

stroke or get a blood clot in the brain

or get a coronary thrombosis to get a

blood clot in a coronary artery and die

because the same deficiency causes all

those different diseases

[Music]

well why aren't doctors

talk about that a bit well um
let's look for two minutes on some
statistics okay
um johns hopkins very famous medical
school from baltimore maryland
okay they came out three months ago and
said
the number three cause of death in human
beings in america
is simple mistakes in the workplace of a
doctor
the third leading cause of death in
america is simple mistakes and doctor's
workplace to hospital
each year now this is johns hopkins came
up with us just a couple of months ago
published in medical journals every
newspaper in the land had it was on
every tv station
they said each year medical doctors
killed and used a kill word each year
medical doctors killed 251 000 americans
from simple mistakes what would happen
if a fast food place
were to kill 251 thousand how about that
yeah yes sir what would happen if iran
north korea were to send over an
intercontinental ballistic missile with
bad weapon and kill 251 thousands

obvious well here's one trade that does
it every year in the workplace and
nothing happens
also we've learned that because of these
things our children will be the first
generation of americans that do not live
as long as their parents you may have
heard that too
absolutely well that is a catastrophic
prediction of biblical proportions
that's the same as
telling the pharaoh the first born in
egypt you're going to die if you don't
let the hebrew slaves go
okay and this was going to happen if we
don't supplement these kids properly
they will all die before we do
how do we get this message out more and
more
well you're doing it yes sir and so
again it's all in the cds and the db's
in the books and um we're working hard
and i can't thank you enough for sharing
this with your
church family absolutely and uh some of
them will take it on
like apostles and uh and sometimes you
feel the frustration i i felt the
frustration and then i thought of noah
and jesus himself come on uh they

couldn't get everybody to everything

come on come on

come on we got to stop right there we're

coming right back to share with you just

some tips and things that you

should know now stay tuned

hi i'm dr joel wallock and i'm going to

give you the truth about nutrition

what i would like you to do is give me

90 days to show what the 90th century

nutrients can do

for your health it's been an

awesome broadcast i want dr wallach to

just give us

some tips but i also want you

to get in contact with them you've heard

some things

that's going to literally revolutionize

your life

it's it's going to change your life it's

changed my life my health is a lot

better

i'm telling you i'm doing everything

this man

has given me to do you can contact him

now

uh his precious angel he calls her linda

she'll be on standby just contact her at

this number

that's on your screen and here and
you'll have all the information you'll
need from that call
i promise you doc give us a few tips
on what we can start doing now
if i got high blood pressure what what
what do i do
if i have diabetes i call how do i get
started give me some tips
okay well first of all all vertebrates
again humans turtles fish
flamingos and elephants and giraffes and
rats and dogs and pigs
we require 90 essential nutrients 60
minerals 16 vitamins 12 masses three
fatty acids most multiples on the market
have 24
26 28 but not even a third we require
nine we require 90 of those 90 60 or
minerals
now plants only require three minerals
to look good and produce tomatoes and
carrots and
okay seeds for this generation we need
60.
okay so you're eating a pretty good
looking tomato tastes good
firm perfect tomato you're only getting
three
elements from the soil you're short 57.

yes sir yes sir

okay and so we have to consciously

supplement with these things because

these nutrients are no longer found in

the food

there's some places in the united states

50 100

200 years ago those all 60 minerals were

in the tomatoes how about that now

there's only three

because our soil is deficient yes sir

well they're deficient because we went

from wood is the universal fuel to

electricity

you're probably old enough to remember

when we put wood ashes in the garden

absolutely not ashes

wood ashes are the minerals that the

trees sucked up out of the ground we

threw the minerals into the garden

we ate the tomatoes and the carrots and

the beets and the cabbage

they had sucked up all those minerals up

they didn't need them but they sucked

them up we ate that food we got the

minerals that way

how about that we switch to electricity

no more wood ash is in the house anymore

no more wood ash in the garden no more

minerals
the commercial fertilizers only have the
three that plants need
we went from 40 50 60 yeah
right and nobody knew to make up the
difference by supplementing because
nobody knew they were getting their
minerals from
the food okay so now we know this
okay because we have to consciously
supplement and i like people to get
every day every day right a stick of
butter a day okay
you need to stick a butter day it's not
an apple a day keeps a doctor away it
says stick a butter day keeps the doctor
away
okay it helps you get rid of and
reverses alzheimer's disease parkinson's
disease ms luger luxurious hunting
disease all those diseases of the brain
are really the same disease just
different parts of the brain are more
severely affected so you get slightly
different symptoms
and we were told that a stick of butter
they would kill us
well cause plaque and your arteries and
cause yes yeah all kinds of artillery
disease

no sir the margin is the one that
actually does it
okay and then of course again i like
people to per 100 pounds of body weight
to eat six to eight eggs a day
and that's so you can make hormones okay
testosterone estrogen progesterone
adrenal hormones belong to a class of
nutrients called steroid hormones
they're 95 percent by weight cholesterol
and if you get if you're eating margins
instead of butter right right right
you're eating egg beaters instead of
eggs or egg white omelets instead of
whole egg
omelets you think you're doing good
because the doctor told you so that's
exactly what it is you're deficient all
those hormones you're going to be
needing cialis and viagra and premarin
and
oh lord oh lord okay i'm going to eat
some eggs
today the the kicker was in in 1991
there was an article published in the
new england journal of medicine by
harvard medical school
okay and uh there was this old guy he's
88 years old and he looked like he's 50

and
his blood work showed he was a healthy
50 year old guy although he was 88 years
old
and so this professor who is trying to
teach newly graduated doctors
about seniors he says let's look at this
guy and he said well why sir do you eat
or what do you attribute your youthful
looks to in your youthful
blood work he says well i eat 25 eggs a
day what
yeah i've been doing for 17 years and we
do it for the next hundred years why do
you eat
25 eggs a day is because it gives me the
sex life of an 18 year old
come on and so
this was published is one of the biggest
articles ever written in the new england
journal of medicine
eat 25 exactly i'm going to get some
eggs as soon as we
end this broadcast and i'm not here to
make
light of any of all of this information
this information at all this
information has really been they can
look it up march 1991 new england
journal of medicine

you look it up yourself you heard it
here look it up
look it up and uh and then please
contact
his office that information is on the
screen
um his darling angel linda will be there
to take your calls
and uh it's gonna change your life i'm
glad
you tuned in this has been living by
faith
remember life is better when you're
living by faith we'll see you soon
dead doctors don't lie with more than
200 million copies in circulation
recorded during dr wallach's lectures
this cd touches on a wide range of
subjects including aging heart disease
cholesterol
arthritis cancer diabetes alzheimer's
and pregnancy
in all dr wallach addresses 25 topics
and engages in question and answer
sessions with the audience
and his book is a comprehensive
expansion of the material on the cd
with over 400 pages of information which
can significantly

impact your quality and length of life

you'll learn how to identify 90

essential nutrients many of which are

not available in food

prevent and reverse 412 diseases with

vitamins minerals and herbs

reach your genetic potential for a long

and happy life

eliminate a major portion of costly

medical expenses

take responsibility for your health and

much much more

dr wallach's dead doctors don't lie 400

page book and multi-million selling cd

can both be yours today

for a gift of 40 it's not too early or

too late to gain the knowledge and tools

you must have to rescue

and revolutionize your health and that

of your family and loved ones

call or order online today thank you for

viewing this presentation

and remember to contact the person that

sent this to you for more presentations

and books that go into greater detail

go to doc wallockmedia.com and be well

these statements have not been evaluated

by the fda

these products are not intended to

diagnose

treat cure or prevent any disease

the opinions expressed in this

informational program

are the express opinions of joel d

wallock bsdvmnd

are not a replacement for proper medical

advice and treatment

in all cases we recommend you contact

your physician directly

regarding any medical conditions

[Music]

that's what nutrition can do

when you can naturally give the body

what it needs to naturally heal itself

i want to make sure i take the

opportunity

to not only help prepare my body for

basketball

but to also prepare myself for life i

would give

everything i have if i could go back 10

years

and know what i know now very few times

in your life you meet somebody

and within like a few minutes you trust

them enough to actually change the

direction of your life

the advancements in nutrition that he

was talking about we were all floored by

it

my family is so grateful for doc the

things that i've seen people

recover from with dr wallach's methods

eclipse

by a factor of a thousand anything that

i'd seen before

it'll change your life i am honored and

privileged to be part of the dr walling

mission

i love being part of this crusade

from humble beginnings in the 1960s a

young veterinarian with an agricultural

background

began his career focusing on minerals in

human health

today this award-winning best-selling

author has revolutionized

the health industry dr joe wallick has

helped literally millions of people

discover the secrets

of living longer lasting healthier

happier lives

hi i'm jimmy osmond and i'm here to talk

about the amazing contributions

of a man that has dedicated literally

his entire life

to helping people cure their diseases we

could talk all day about his

accomplishments or degrees

but over the years from saving the white
rhino species in south africa
to a unique perspective from doing
autopsies in animals
and humans and finding out that their
diseases were really caused from
nutritional deficiencies
so let's hear now from dr wallach
himself in his own words
on how it all began on a little farm in
missouri
people always ask me how did i get
interested in this nutrition program for
human beings
well it all started when i was four
years old
and when i was four years old i would
have what would today be called tourette
syndrome
my mom took me to an eye doctor very
famous eye doctor dr mary jane
skevington st louis
and she examined me she was a medical
doctor eye doctor and she said look i
can't find anything
wrong with joel i do find that he has
long eyelashes and i believe they're
hitting his eyeglasses
turning around curling around tickling

his eyeballs and this is what's causing
him
to have these ticks and facial cramps
and making noises and everything
well i'm nine years old and i couldn't
believe that that would be true
and so the next day in school after she
told me to use an eyelash brush to
retrain my eyelashes i went to the
library at lunchtime
and i got a nurse's handbook and i
looked up eyelids and eyelashes and i
couldn't find what i was looking for
and so i went into the index and i
looked up the a's and the b's and the
c's and got to cramps
and it told me what page you go to and i
went to that page and said cramps are
caused by a calcium deficiency
well every morning i'd have to feed the
calves that we're going to sell with the
at the auction by giving them alfalfa
pellets that were enriched with vitamins
and minerals and i remember reading the
analysis tag and it had calcium amongst
all the other things in the
pellets the next day in the morning i
threw the cheerios out to the chickens
and i put those alfalfa pellets enriched
with vitamins minerals into my cereal

bowl
and my mom thought that was crazy she
wanted to take it away from me my dad
said oh well
let him try it what do you have to lose
here and poured milk in there began to
eat them like cereal by the third day
my tourette's syndrome was gone just in
three days
after five years of getting worse and
worse worse so when i was nine years old
i had discovered something that that
even medical doctors had
thought of and it was kind of scary and
so i believed
at that time that it was actually a gift
from god and so i've always treated that
information
very very special as a result and i've
devoted my life to making sure everybody
knew
about these nutrients and i learned as
we went along
that you could prevent and reverse
almost every disease you could name even
ones that were thought to be
genetically transmitted were really just
nutritional deficiencies
and i developed programs to deal with

900 different human
diseases and it all worked and over the
years
have literally helped millions of people
with their diseases and learned how to
not only
manage them better but also prevent them
and get rid of them
dr wallach has been passionately
involved in the political battle for
fairness and the medical information
that we receive
as a matter of fact he's credited with
successfully suing the fda
seven times because of those efforts the
public is now aware
of the relationship between folic acid
and birth defects
on selenium and its effects on
preventing and reversing cancer
and how omega-3 fatty acids can help
improve heart health
to name a few dr wallach has been
criticized
for his straightforward blunt approach
to the failures of mainstream medical
practices
from his best-selling book dead doctors
don't lie to the hundreds of lectures
that dr wallach does each year he quotes

statistics
and medical published reports that are
literally mind-boggling
the medical system has failed the
american public
very badly and when you look at the
statistic it's very very scary
for instance this is from the general
american medical association the center
for disease control which is a federal
agency that tracks these kind of things
each in america medical doctors kill
injured infect 15 million patients in
hospitals and clinics
not one of them gets their license
suspended for three seconds
nobody gets an osha ticket nobody loses
their job
and that that being a pathologist and
seeing what happened to patients on my
autopsy table
made me very critical of that system
you break that down a little bit when
you just look at infections in hospitals
alone
not clinics but just hostile infections
every year again the center for disease
control this came out in 1998
and the center for disease control said

each year in america
medical doctors infect 2 million
patients in hospitals
they infect 2 million patients of which
90 000 die
each year that's a yearly figure from
just the infections they spread
nobody raises an eyebrow except me
that's why i'm very passionate about it
i'm a naturopathic doctor i've been
doing this for 26 years clinically
if we look around in the 21st century
everybody is sick all of the time
autism has risen from one out of 10
000 births to 1 out of 80. alzheimer's
has risen from
obscurity to become the sixth leading
cause
of death heart disease cancer
unchanged arthritis high blood pressure
obesity out of control
the leading cause of bankruptcy in the
united states
md directed medicine your medical doctor
may be the nicest person that god ever
created
but they only know what they've been
trained in
and what they've been trained in is one
piece of the pie of medical science

the type of medicine that your md is
trained in is referred to as
allopathic medicine i'm trained in
naturopathic medicine there's
chiropractic medicine osteopathic
medicine homeopathic medicine
and they're all good for certain things
allopathic medicine what the mds are
trained in is perfect
for surgery when it's necessary trauma
care and a handful of infectious
diseases
that's the wheelhouse of the md i have
26 years of clinical experience
i've been around the block with
naturopathic medicine and i got
good results practicing the therapeutics
that i was taught in medical school
but since i've been following dr
wallach's lead i don't even know
what planet i'm on anymore because the
things that i've seen people recover
from
with dr wallach's methods eclipse
by a factor of a thousand anything that
i'd seen before in 1977 i was moved to
emory university in atlanta georgia and
the oracle's primary center was working
on a big project with nasa

they were training monkeys to do things
in spaceships and i was supposed to do
the pathology on the monkeys would get
sick or die
it was a december it was a holidays and
all the people who'd been there for
years and years and years went on
vacation
and left me the new guy to do the
pathology well
it turns out that a baby monkey six
months old was brought to me was dead
and very underweight for its age and
when i did the autopsy i saw something
after all these autopsies after
20 000 plus autopsies 454 species of
animals and 3 000 humans
i had never seen this before i looked it
up in monkeys it hadn't been recorded
ever
before in monkeys and so i looked it up
in humans and it said it was cystic
fibrosis in humans
oh maybe i found the first non-human
case of cystic fibrosis which it turns
out it did
well i sent off samples of the tissue on
microscopic slides to experts
in pathology of cystic fibrosis around
the world and then when i told him it

was a monkey and not a human being
they really got excited because oh now
we can do research i had done
biopsies of these other living baby
monkeys
pancreas and liver and lungs and they
all had cystic fibrosis so i knew
it was an environmental problem and i
found where there was a breakdown in the
feeding procedures
and i knew exactly what caused the
cystic fibrosis and that monkey and all
the other monkeys
well i got excited and of course some
submitted that to the national
institutes health
they wanted me to give a speech in
baltimore maryland and and share this
with other pathologists
and when i wrote it all down and gave it
to them as a
abstract because they could put in the
program of invitations
they fired me they said well like you
must be sniffing
everybody knows cystic fibrosis is
genetic it can't be not genetic and they
fired me i said now
don't i get to defend my research like a

phd student does to a committee
no we'd be laughed out of the university
we just are afraid to even bring that up
we wouldn't even invite a committee to
listen to your your research
and so i was fired at the time my wife
was having
a bout with hodgkin's disease a young
person's cancer and i talked to the
doctors there and they said look
we have this new treatment no negative
side effects
95 curate for hodgkin's disease you have
everything gained nothing to lose by
trying it
they gave her josephine my wife this
wondrous treatment
and the treatment killed her the
treatment killed her even though they
said there was no negative side effects
of the treatment
she's always been there through
everything that's gone on with the
cystic fibrosis story
as a result and certainly um
as books have been written she's always
involved
and i'm always very proud of her
and everybody should know that this is a
family adventure not just a scientific

adventure

dr wallach was faced with a major

decision

was he going to stick with the path he

was on having been a very well respected

pathologist

having been a very well respected

veterinarian with published papers

or was he going to go against the giants

and

stay true to the passion and his

discoveries that he's had

and to share these nutritional protocols

that will bless the lives of millions

this is a typical david and goliath

story

i mean here's a guy that just lost his

wife

and is left with young children to raise

by himself and he's fired

for a major discovery that goes against

the political

medical system of the time what would

normally discourage most people was

really fueled to the fire

of dr wallach's passion to help people

understand

what they need to do nutritionally to

protect themselves dr wallick decided

that the only thing he could do to be
true to himself
and his findings was to go back to a
university
and earn yet another degree so that he
could treat humans
with his nutritional discoveries at the
core of dr wallach's biggest findings is
the fact
that our bodies need 90 essential
nutrients for us to thrive
and that came out of a question that he
asked his father as a young boy
why do we feed our animals better
nutrition than we feed ourselves
but the vitamins and minerals that our
bodies need aren't in our foods
they're not in our foods because the
essential nutrients
just aren't in the depleted soil we use
to grow our food
we have to supplement that food
think about it that's what i love about
dr wallick's message it's so simple it's
right in front of our faces
you know they've cured hundreds of
diseases
in these animals that are still
prevalent in human life
by strictly using nutrition

veterinarians can't afford to use modern
medicines
they use nutrition to cure animals of
these diseases and have healthy
livestock
so all dr wallick's message is is to
apply those same protocols
in human life and he's had so much
success
when people exercise they sweat and
sweat is not water sweat is a soup that
contains all the nutrients floating
around in their blood
if you do not replace all these things
you're sweating out and there's very
little on our food you can see we very
quickly get into the negative
theoretic from the atlanta hawks was a
very good example that his career was
over and he was a great player
but his career was over because he had
so many fractures and breaks and
and cartilage problems we got him on the
90 cent of nutrients gave him some extra
raw materials to support and promote
maintenance repair cartilage 90 days he
was back in
he made 140 million dollars in contracts
and here's a guy

whose career was over and the nutrition
was what saved his career
hi i'm theo riley i had just made the
all-star team in philadelphia my career
was on top
and i went up to block a shot came down
on my wrist
ended up breaking my wrists they end up
trading me to the atlanta hawks
so with atlanta hawks i was covering
from the wrist i jumped up routine going
up for a rebound
end up tearing the labrum in my hip and
you know everything was just going all
all haywire i was almost in the midst of
retiring
and i overheard mike glenn who's um
talking to one of my fellow
conrads about minerals and mineral
deficiencies
when we sweat we sweat out of super
minerals so i pulled him to the side and
told him give me a little knowledge on
what was going on
and and this this mineral deficiency
thing because i think that's what i'm
suffering from because i'm getting all
these different injuries
and i know i try to take care of myself
probably better than anybody

i want to make sure i take the
opportunity
to not only help prepare my body for
basketball
but to also prepare myself for life to
be able to be with my kids and play
without
injuries to grow and have a long-lasting
life
dr weiler helped me expand my career 10
extra years
that's what the 94 life did for me
i got a call from the shedd aquarium and
they said look we just had a freshwater
dolphin from the ganges river die
why don't you come over and see if you
can find something so i came over and
sure enough i cut that poor little
river dolphin open and the first thing i
saw was a heart that should have been
the size of an orange the size of a
basketball had congestive heart failure
so i asked the um the keeper there
what do you feed these freshwater
dolphins well we feed them whole fish
what type of whole fish you feed them we
feed them smelt
well i knew right away there's a problem
because smelt have an enzyme in there

that actually destroys certain vitamins
and so there's your problem
and i laid it out for him and i said
look you got to
change your fish sources use some perch
some local
white fish perch not smelt and put
a multivitamin and some
b vitamins into this fish that you're
feeding these dolphins and you won't
have a problem sure enough it ended the
problem
congestive heart failure is a deficiency
of a single vitamin whether it's in a
human being or a dolphin or an elephant
or a hummingbird
or a monkey or any animal whatsoever
that has a heart
congestive heart failure is a deficiency
of a single vitamin
you give the 90th century nutrients with
some extra
of these vitamins and within five days
sometimes certainly within 90 days
they're an ex congestive heart failure
patient they don't need a heart
transplant anymore
and it's all nutrition that is exciting
if you
give your body the raw materials it will

heal itself we're a healing machine
i'm blake graham and i've had the honor
and privilege of working with dr wallach
now for over 18 years
now before that i was in pre-med and in
pre-med
i was amazed that we would study
chemistry and biochemistry even physics
and calculus but what was really
surprising is that we didn't study
nutrition
and when i found dr wallach i learned
why
when you look at how medicine works
when you talk about pharmaceutical drugs
you're talking about selective
roadblocks something that stops a
metabolic process from working and if
you think of the names
they'll tell you what they do they're
anti-inflammatory they're proton pump
inhibitors they're calcium channel
blockers beta blockers that's what they
do now on the other hand nutrition
it's the construction crew the
construction crew meaning it's what your
body uses
to heal itself to rebuild itself you'll
never rebuild the body by just

repressing a symptom you have to get at
the root cause
and that's what nutrition can do when
you can naturally
give the body what it needs to naturally
heal itself
to fix the problems they deal with i
love being part of his crusade
i'm gene nelson i'm 51 years of age a
natural bodybuilder i won multiple
titles
back in the day when i met dr joe
wallick
i i was struggling rubbing bone to bone
arthritis and asked him how i could
piece my body back together trying to
get back into
running up against the young bucks and
everything started working in my favor
and i started winning multiple titles
so the doctors were asking me what am i
doing different
my body has come to a amazing changes
the cartilage has grown back i'm not
rubbing
bone to bone anymore and whatever it was
that i was doing
continue doing it all the other young
bodybuilders
wondering what was it that i was taking

what's the magic pill
what is it that you're taking and i told
him
doctors your wallet
my son is a football player tore his acl
and his meniscus the doctor said that it
would be a year
and a half before he would be able to go
back to plane
well within six months time dr wallach
had him back out there on the field and
just to seeing
what it has done for my wife she had
water in the knees
she was barely getting around at one
time it's done amazing things i mean
she's
able to run jump what's helped me the
most is dr wallach knows nutrition
the product does its best when you
change
the way you eat i've been on dr
wallach's
program for 13 years and it's just
amazing
the transition my body has gone through
i believe i'm going to be able to win
natural olympia
and muscle mania due to dr joe wallin

[Music]

my crusade is to get the word out about

how to avoid and how to prevent

and how to reverse and cure degenerative

diseases we find this in humans all over

the world they're their end of the rope

their doctors say there's nothing more

that can be done for them we just apply

the simple

facts that we've learned in the animal

industry from our human patients and

guess what

it never fails it always works so i was

diagnosed

in the year 2000 with ulcerative colitis

it's a degenerative disease of the

intestinal tract and i still remember

the moment that the doctor told me that

i had colitis because he said

we don't know what causes it we don't

know how to help it and it's probably

going to give you cancer in 10 years

10 years after my prognosis i weighed

106 pounds

i was near death i was i thought i

thought it was going to be the end for

me

i had to go into the hospital i actually

did three surgeries on me and removed my

large intestines

really gave me more problems than i had
before
and three years after my surgeries i was
given a cd
and that cd spoke to me when i listened
to it for the first time
here was this man who was telling me
things
that i had searched for for 12 years and
could never get an answer to
and it changed my life i immediately
went on his products
literally within three weeks on the
product my health
changed dramatically i felt better in
those three to four weeks
than i had in 15 years of my life and
i still had the medical issues i still
didn't have a large intestines
but the nutrition that was given to me
through his products helped me in ways
that i can't even explain
it just gave my body what it needed to
repair itself
and it made my health so much better
it gave me my life back i would give
everything i have if i could go back 10
years
and know what i know now if i could

implement his
teachings and his products his knowledge
into my life
i wouldn't have had to go through what i
went through so if there's anything that
i can tell you is give them a try
it'll change your life
[Music]
you can actually avoid reverse prevent
all chronic degenerative diseases not
emerge genetic
and we've we've used this system in
animals we've been able to reverse these
diseases and animals every disease you
can name we've been able to do it
and for 36 years i've been employing
these principles in my human patients
it works every time it'll work for you
too nutrition
all 90 essential nutrients 60 minerals
16 vitamins 12 essential amino acids 3
essential fatty acids
are required by all vertebrates to
maximize their genetic potential
for longevity and for health strength
speed
intelligence fending off disease and if
we don't have these 90 essential
nutrients
even though we have the capacity to live

longer live healthier
be more productive we're not going to to
achieve this potential we need these raw
materials to do this
we have to do this consciously because
these nutrients we require these 90
essential nutrients are no longer in our
food
and to think that you can just eat well
and get everything you need is really
a fool's game you cannot do it
well my wife had struggled for quite a
few years
i had chronic fatigue i had arthritis
i had corporal tunnel i could not go up
stairs without grabbing the rail and
walking up each foot
on each step to get up we heard about dr
wallach
we went to his first meeting and it's
been uphill
ever since i can run up and down the
stairs now
my younger sister her help was worse
than mine her legs would go out on her
she'd just be down on the floor doctors
had told her it's
hereditary there's nothing we can do for
you and eventually you will be in a

wheelchair

she had severe fibromyalgia

ringing in the ears and asthma and she

would spend most of her day

sitting on the couch she was wishing

that she could die

and praying that she would and within a

month of having absolutely wonderful

results

her legs have never gone out on her once

she has not had an

asthma attack the ringing in her ears is

almost gone not quite completely but she

does no longer has fibromyalgia and

she's energetic and

going like i am we've had the

opportunity

and do introduce over 300 people and

we've seen

amazing results from different people

with almost

everything you can imagine we have two

people in our group who've

completely gotten off from their

diabetes medicine

and having better results than when they

were on the prescription drugs

i'm a firm believer in dr wallick i love

what he's

done and is doing for people

[Music]

around eight years ago in 2007

i was running a nutritional supplement

company called prohobe international

and a friend of mine said a lot of what

you're doing is

in line with what dr joe walk is doing

you should really meet him

and i got to tell you very few times in

your life you meet somebody and within

like a few minutes you trust them enough

to actually change the direction of your

life

that you're going to go along with

somebody else's vision because it's

bigger than your own

and with about an hour that conversation

i decided to merge my entire company

into his company

he was so far ahead of what i was doing

and he was going the same direction i

was going just doing it a lot better

i won't be part of his movement in fact

a lot of the things that he said 15

years ago 20 years ago are the new

inventions and new revelations today

i was trained in western medicine so i'm

pretty skeptical of people just saying

miracle peers

but so many people have told me a
wonderful story of the wonderful story
the wonderful story about how they or
somebody in their family received
real meaningful benefit from his
products that went from being skeptical
to like
this is probably for real to darn this
is right on the nose
and why doesn't everybody know about
nutrition the way he does
i think doctors are great i think they
want to do the best job possible
and i think they do what they know how
to do what they've been taught to do
there's a different way of thinking that
some of them just haven't been taught
yet
why not focus on keeping people well
versus fixing them when they're sick
and i think that this blending will
happen over the next 20 years people
demand it
[Music]
autism add adhd are just simple
nutritional deficiency diseases of the
brain
you give that child all 90 central
nutrients 60 minerals 16 vitamins 12
centimetres 3 essential fatty acids and

guess what it goes away
it's a nutritional deficiency the brain
has nothing with genetics
it has nothing to do with vaccinations
it's a simple nutritional deficiency
certainly not a ritalin deficiency
and i want to tell you the truth about a
lot of diseases alzheimer's disease
heart disease
liver disease kidney disease i want to
talk to you about
muscle problems lupus fibromyalgia
macular degeneration cataracts
alzheimer's disease all of these
diseases are reversible they're all
preventable
i've done it in animals and i've done it
in humans and i can do it for you too
[Music]
i'm dr shane harada been involved with
nutrition and healing herbs for
20-plus years definitely not had the
results with
any other types of products or programs
before meeting dr wallach
i have a 17 year old son with cerebral
palsy at one point
we were in the hospital for five weeks
consecutive

with him many of those nights i'm
driving home wondering if that was my
last goodbye with my son
we didn't know if he was going to make
it we met dr wallach
at that point he was on 750 bucks a
month
in prescription medications took us a
year and a half
but we were able to bring him to a state
of
zero medications and he's now been
medication free for two years
we've had some other very touching
situations with a couple of our other
children
my daughter was having severe nightmares
consistently
five six times a week she was literally
scared
to go to bed two days and
the nightmares were gone we've had
another child
he was having some tendencies toward add
adhd
we would be getting calls from his
teacher calls from the principal
literally a call from the principal
every week
from dr wallach's work we know that

that's a blood sugar disorder
a few weeks and literally we start to
see changes in his demeanor
the calls from the teacher disappear
calls from the principal they're a thing
of the past
and the next parent-teacher conference
it's like cameron's a different boy
my family is so grateful for doc we're
so grateful for his crusade
grateful that not only we can help our
family but now
literally help hundreds of others
that's what dr wallace has done for us
one of the things they had to do to get
my information out because it's so
different
and i pick network marketing and many
people ask me don't i feel bad about
that don't i feel
funny about using network marketing the
answer is absolutely no
if you do anything with honor all
systems can be good
personally i don't take a single penny
from the company the
the whole system of network marketing
that i use
is to train an army to get the

information out again
much like the march of dimes where they
trained kids to go door-to-door
to collect dimes for research but also
to share information
with people in the household so he
didn't have social media back then
and an army of children was raised and
they're the ones that actually
got the polio vaccine done because they
raised the money to get it done i just
love those kids for doing that
and i wanted to use the same system 2
million people on a bad day
10 million people on a good day are
getting helped with my program
and actual new patients who have been
helped with weight loss high blood
pressure
heart disease kidney disease diabetes
max regeneration the story has to be
told
my name is dr louis ariza my first
experience with dr joe wallick was about
21 years ago
and i received a dead doctor's don't lie
audio cassette
i heard it for the first time and i
actually thought that this man
had lost his mind because he was so far

ahead of what i was learning at the time
the things that he was talking about the
philosophy the ideas the vision
the advancements in nutrition that he
was talking about we were all floored by
it
here we are 20 years later and i have
the honor and privilege of being
bringing our company and forming an
alliance with dr joe wally
the last two and a half years he has
completely transformed
and revolutionized our life we've been
able to bring in over 28
000 people a quote that comes to mind
from dr wallach he says you never know
how far reaching what you may say think
or do today
will affect the lives of millions
tomorrow it is better to light one
candle
than to curse the darkness get the big
idea and all of us will follow
dr wallach has given millions of us the
big idea
i am honored and privileged to be part
of the dr wallace mission
[Music]
i've been blessed with my family my dear

wife milan
who's from china and she came here as a
exchange scholar she's a microsurgeon
she actually taught surgery at harvard
so i'm not against all doctors and
my children sarah jennifer jeremiah
they've all been a great help from the
very beginning steve and his wife
michelle
without them we just couldn't have done
a whole lot they're just so very proud
of them
i'm sure you can see that dr wallach is
an amazing man
i mean what one man has accomplished
against all of the odds
in fighting for the truth about
nutrition
and sharing with us what we need to know
to give our bodies
the nutrition that it needs so that we
can heal ourselves
from a myriad of diseases i encourage
you
to learn more about dr wallach i've seen
firsthand the thousands of people that
he's helped
and i'm one of them and i'm confident
that if we follow his advice
he will get us all on the road to better

health
i was on dr wallach's products just a
couple of months when a lifelong
condition
was resolved i realized about the
nutrition i was missing in my what i
thought i was getting in my foods
and foods that i shouldn't be eating
that i was everyone knows if you don't
have health
you have very little and health is so
important
dr wallach is committed to this planet
at a level
that i've never seen in another human
being before if you've
rejected dr walk without even giving him
a fair shot
you're you're cutting off the lifeline
of which you could truly help patients
and um the the difference it's made on
my life has been unbelievable
i started to talk to my friend my family
we thank
everybody because i feel so great and i
want to my friends the other thing that
i need
dr wallach has created a greater sense
of

purpose for me in my life than anything
that i've ever done
or anything that i've been part of
something that dr wallach's been talking
about for
for years now the medical community is
catching up
and confirming things that he's been
saying all along
i'm so glad i'm here 15 years later when
my doctor said
you only have three weeks to live those
minerals really work
not only does it make sense to my mind
but it makes sense to my body
not only has the message of dr wallach's
health helped my life
but the people closest to me have gotten
their lives back physically
i completely believe in dr wallach's
products otherwise i wouldn't have my
whole
crew of kids on it you're worth 90 days
of allowing yourself to take charge of
your health
so for me to stay healthy and my family
take me to dr waller
you
[Music]
today it's my great pleasure to

introduce to you a man
who has been so far ahead of the pack
that if i said he was cutting edge i'd
actually be insulting him for being slow
this is the man who taught us that
ulcers could be treated through
antibiotics
that kidney stones were actually a
calcium deficiency
that rheumatoid arthritis was an immune
problem that again could be treated
with antibiotics all these are
mainstream strategies today but 10 or 20
years ago when doc started it was very
avant-garde in fact probably heresy
i want to get into today doc's newest
statement which is
exercise without supplementation is
suicide
and doc this is a very intriguing
concept but you know
down through the years you've had so
many things be proven right time and
time again
i guess my first question to you is are
you the sherlock holmes of a health
carer
i like to think so i think that's
probably pretty kind description of what

i do

and of course the thing that made

sherlock holmes famous was the fact that

he would say just the opposite of what

scotland yard was saying and he was

always right

i'd say you hit the nail right on the

head i like to be a sherlock holmes

what got you onto this line of thinking

especially with the athlete

right now everybody's telling folks to

exercise so are they just putting their

head in the news

they're actually putting their head in

the noose they're actually cutting their

life by 30 40 50 years if they exercise

and don't supplement where i ran into

this was about

50 years ago people began to study what

sweat was

and they heard these little bitty

articles in biochemistry journals

the makeup of sweat it was very

interesting most people thought sweat

was primarily just salt and water

but sweat contains everything that's in

your blood and as you sweat the primary

purpose of course is to cool your body

but you're also

losing nutrients you're losing amino

acids you're losing vitamins you're losing
major minerals you're losing electrolytes you're losing trace minerals rare earth
and it's a kind of a trickle chart it's kind of like the toilet that just sort of runs a little bit drip drip drip you get a water bill for 500 bucks at the end of the month
didn't seem like much but does in fact cost you in health and longevity
and so about 25 years ago because i was an athlete in high school in college i played football and wrestled
of course you sweat a lot in both those sports and i only weighed 123 pounds and played middle linebacker and played offensive center that's back in the old days when the players played both offense and defense
and only 123 pounds i was very aggressive but never got an injury and all these big guys 200 240 pounds were always getting injuries in their ankles and so forth
and the reason i didn't was because living on the farm
i was able to have access to trace

minerals that we gave to calves
and so putting together practical
experience and
taking advantage of some what was 50
years ago esoteric research you know
what's in sweat kind of thing
put it together and came up about 25
years ago that you were in fact throwing
your life away if you were exercising
and not replacing the minerals you're
sweating out
wow you know it kind of reminds me back
i don't even know when this was but
all of a sudden jogging came up and was
it bill kick dim fix
fix okay jim fix a spell with two x's
f-i-x-x
and of course he died at 52 and he wrote
all the books run your way to health jog
your way to health
and there wouldn't be any running shoes
and yeah it wasn't a number of the
runners including him just all of a
sudden died
they all do they all die suddenly pretty
profound statement all these guys are
supposed to be healthy they have four
percent body fat
what it is they're sweating out all of
their minerals which protect them from

various diseases including
ruptured aneurysms including heart
attacks in fact there was
a long-distance runner who died in july
of 2000 his name was leonard hilton
he ran the sub format mile 32 times and
he was a student of gym fixes
and always praised jim fix and all his
knowledge and training techniques
and jim fixed out of 52 and leonard
hilton jim fix a student
died at 52. that's pretty much what
you're going to get there has never been
a professional athlete live to be a
hundred
and if exercising of itself was useful
for health and longevity there should be
a lot of professional athletes living to
be a hundred
not a single one craig wow it might have
been you that says that couch potato is
actually living longer than these guys
you're exactly right that's me i like to
teach people
the basic truth by saying something's
very provocative that way they remember
as a concept
but basically what i did since there's
lots of articles written by long

distance runners saying hey you guys
we can get high we can make our own
opium in our brain and you can get
drugged out running long distances here
and get into la la land legally not
worry about getting arrested or anything
just by running you can lower your
cholesterol by running you can lower
your
body weight a couple of points you can
get your body percentage of fat down
there's all kinds of wonders to running
how healthy it is it's good for the
cardiovascular system
but it always kind of fascinated me
there was never anything that said
athletes live longer
so i decided to do my own survey and i
started looking at obituaries
of professional athletes and university
and college athletes
compared with obituaries of couch
potatoes it's always kind of funny
that librarians live to be 100 and 304
conductors live to be
89 95 and housewives lived to be 115
and so forth and the old couch potato
lived to be 88 to 120
and professional athletes the average
lifespan of 62-65

the ones who play the most the ones who
are the stars die the youngest
and you look at some of the famous ones
red grange jesse owens
people like wilma rudolph babe zaharias
you're probably too young to remember
her but she was one of the first great
women athletes who
could whip men in about 10 different
sports and then there was
people like will chamberlain age 63
congestive heart failure
walter payton 45 years of age died while
he was waiting for a liver transplant he
was a pristine athlete never
did drugs never smoked never did alcohol
i know that basketball played it was a
real challenge lewis 27 years old here
we go
died of a cardiomyopathy heart attack a
simple selenium deficiency
he was about as fit as a human being
could get then there was sergey grinkov
28 years old a two-time gold medal
winner in figure skating
it's not just basketball players or
track stars you can be a figure skater
and die young you can be
a boxer you can be a baseball player i

have a lot of very famous baseball
players babe ruth lou gehrig don
drysdale i have all the obituaries i
actually have one
it was a pitcher for the san diego
padres and he was only
24 years old and he was failed by a
cardiomyopathy heart attack and they
were just shocked because he just come
up from the minors
you're sweating and not replacing those
minerals you're sweating out you're
doomed to have a lot of injuries and
anything that might
relate to mineral and nutrient
deficiencies and certainly you're going
to shorten your life if you're not
replacing everything you're sweating out
wow that's incredible because i remember
particularly with reggie didn't he have
what's called that the dream team of
cardiologists
and he died anyways he had the dream
team cardiologist so they paid these 12
cardiologists a million dollars each to
save him and the interesting thing was a
year and a half after reggie died
the captain the chairman of the dream
team cardiologist died at age 47
himself for the same disease

cardiomyopathy heart disease and he was
a boston marathon run runner he finished
the boston marathon three times
this physician and died of the same
disease at age 47.
can't these guys figure this out well
what happens is
they hire these personal trainers and
they hire trainers and they hire
people who are nutritionists and they're
worried about their fat intake and
they're worried about
strength training they believe falsely
that strength training is the answer
for joint health the more muscle you
build up around the joint the less
likely you are to injure it that's
absolutely nonsense
just ask bo jackson you remember him he
was his grade 2 sports player
professional player in baseball and
football
and he dislocated a hip joint and
fractured the head of the femur
the ball part of the ball and socket
joint and they talked him into putting
an artificial joint in
and of course he ran around like chester
from the old gunsmoke days

i remember him it was that one leg and
he was a huge man his thighs were bigger
around my chest he was a big man
and so they said well why don't we even
yeah we'll just take the good hip and
we'll put an artificial joint in there
and then you'll be superman
well of course after that happened he
hit a few baseballs and that was about
it his career was done
but if he'd been supplementing properly
these guys could play into their 40s and
50s
i've seen this happen we have a lot of
professional athletes who had to quit
their sport
after 8 10 12 years because of joint
problems
we get them on our nutrient replacement
programs and just in
six months time they're stronger and
more fit
and have more agility and flexibility
than they were when they're actually
playing
and they just shake their heads and they
say why didn't our high-priced million
dollar-a-year trainers tell us this and
i said well they don't know it because
they're

reading from doctor-written nutrition
books
they're reading from dr written sports
medicine books
these folks just don't seem to have
gotten the message yet oh they haven't
because they make their money by doing
joint replacement surgeries they make
their money by doing arthroscopic
surgery
they make their money by removing
meniscus they make their money by
repairing torn ligaments and so that's
what they're in the business of doing
they
are not interested in preventing these
injuries because they make their money
by repairing them
got it wasn't it hollyfield that
actually was able to come back
right yeah evander holyfield was kind of
an interesting guy he
quit and one of his fights i guess was
against tyson he just quit he just
couldn't go on
because of lack of strength his heart
began to give out he had hypertrophic
cardiomyopathy heart disease and through
a mutual friend actually a guy who lives

across the street from
evander holyfield andrew young you may
remember the name he was an ambassador
to u.n
and we were able to save andrew young's
knees and andy young
said well why don't i see if i can take
the message with vander holyfield the
god of andrew holyfield taking some
selenium
and sure enough we were able to get his
heart going again through the selenium
supplementation
actually more complete program than that
but it included a special interest in
the selenium part of the program
and you see he's able to come back and
defend his title several times
and of course he's been boxing not
necessarily to level he'd want to be
he's lost the last couple of fights but
he's a remarkable athlete
and without that supplementation he
would have been finished a long time ago
looking at your background you have kind
of a unique background to be talking
about human nutrition
but i think it probably gives you an
interesting perspective i know you
started as an ag major and went to

veterinary school first and then you did
a lot of research for the human studies
well i think the advantage that gives me
craig is that in animals we don't have
insurance we don't have blue cross blue
shield major medical hospitalization
medicare and medicaid
we don't have personal trainers we don't
have personal nutritionists and so what
we had to learn
do was prevent cure diseases in animals
with nutritional formulas very
economical
to do it that way on a herd basis put
everything in their feed pellets and
that's why we have
mouse pellets wrapped pellets hamster
pellets skinny pig pellets rabbit
pellets
duck pellets goose pellets and laying
mash chick
pellets pulp pellets horse pellets sheep
pellets and so on
and dog food can dried cat food canned
and dried
and every one of these rations is a
perfect mix of every known nutrient
necessary for these animals
and if we were to use a human health

care type of system especially the
sports medicine system
and animals would be sticker shock for
you your hamburger would cost you 275
a pound just to pay for the health care
and so i decided to take the same
concept
that we did for animals where we have
special diets for animals with heart
disease kidney disease intestinal
disease liver disease
eye disease and so on these diets are
formulated so the animal can't pick out
what they want
it has everything in there necessary to
focus nutritionally on that particular
organ or organ system
and i just said well if it works an
animal so well which it does
why wouldn't work in people and so about
i'd say 1978
after trying from 64 to 78 which is 14
15 years i've written my scientific
articles and books and lectured to
doctors
and i couldn't get doctors interested in
the concept they'd pat me on the back so
it's very interesting but that's in
animals not people
so i went back to school and became a

physician and began to use these
preventative and treatment concepts with
nutrition like we did in animals and
certainly the concept works like a charm
in people just like it does in the
animals that's maybe why the gentleman
that told me about you said
talk to doc wallach he may treat you
like a dog but you'll get better
that was a little thing that my patients
came up with because i used to hang my
veterinary degree on the wall
next to the medical degree and patients
they come in their eyes and get real big
but after a while they kind of realized
where i was coming from and they started
with a joke telling their friends
hey if you're not happy with what your
doctor is doing for you go see walleye
now he'll treat you like a dog but you
get better
dr talking about athletes we've talked
about a lot of the professional athletes
how about the younger ones high school
college players are they at risk
just the same way oh absolutely
according to the center for disease
control
out of atlanta craig a lot of these

young athletes under the age of 30 drop
dead each year while they're training
exercising or participating in sports
i saw some figures earlier this month
which said that the death rate from
sudden heart attacks in young athletes
had actually gone up by 10
in the last year and so there's no
nutrients
of any value in pepsi cola coca-cola dr
pepper
eight or eight and so forth and water
just plain water
and so these young athletes wanting to
get scholarships wanting to get
into the pros and as a result they train
hard they do all the right things they
do what their trainers tell them to do
they just don't supplement properly and
as a result a lot of these kids who are
really
professional level quality athletes even
when they're junior high in high school
these kids will get injuries that will
kill their career and there's nothing
worse than these people training these
kids getting them up to the point where
they are really superstars and then a
knee blows out or they
tear an achilles tendon or they get a

shoulder injury
they get a back or neck injury they get
a finger injury and they're pretty much
done and their whole life is ruined
because their whole life was focused on
these athletics
and these kids also have a high rate of
depression and suicide because their
whole life has been built around being
the superstar the neighborhood in the
school
in fact suicide and high school athletes
is the single biggest cause of death
in high school athletes wow that's
astonishing
not to mention kids like that or young
people like that blowing out a knee
they've just thrown away a lot of money
that's correct
not only the investment they've already
put in but paying forward so to speak
their future investment
and their life because they know when
they excel and so forth and have all
these benefits
of the training and they have this
natural talent it's really a shame
and so i do make an appeal to parents
and coaches and trainers out there who

might be listening to call your
toll-free number get the information
and give these young athletes a more
complete replacement program
so if they do get injured you know if
you run into a wall you're going to get
injured
you can repair quicker the likelihood of
injury is very very slim
just simply by replacing everything
you're sweating out
got it people listening to this a lot of
folks we're talking about nutrition
especially will say well how long do i
need to take these sort of things
you take all these supplements properly
until you stop using oxygen
got it there's a reason for that and
that's because
our food does not contain these
nutrients
and no matter how well you eat you can
spend a million dollars per meal and
you're still
not going to get everything you need by
eating and so you do have to consciously
supplement
whether you sweat or not but if you
sweat you're really obligated to do it
in a very very

intense way calcium deficiency from
everything that we've talked about in
the past
seems to be again used to use the word
epidemic and wasn't that what got your
attention at one point in time with
twitching eye or something if i remember
the story
yeah my personal story was a teenager 14
years old and my eyelids would put so
bad you could actually hear them making
a noise clicking
and asked my mom what it was and she
didn't know she panicked because she
could see my eyelids
jerking it looked like i had some kind
of electrical thing on there
my eyelids were just twitch it looked
awful and she took me to an eye doctor
we had to drive 80 miles to st louis to
go to one of the top eye doctors
and after a long day she finally
determined that my eyelashes were
long and they were hitting my glasses
and curling back and tickling my
eyeballs
and she gave me a maybelline mascara
eyelash brush and she said i have to
retrain my eyelashes

oh i bet that went over well oh yeah
didn't go over very well of course i was
playing football and wrestling and i
could just imagine myself sitting on the
bench there with
25 or 30 200 pound guys playing with my
eyelashes with a maybelline
eyelash brush and so i just missed that
suggestion
went to the school library and started
looking up muscle cramps and muscle
twitches
in a health book written by a couple of
nurses and they said very clearly that
muscle cramps and muscle twitches are
caused by calcium deficiency
and so i went home and i started using
the calf pellets that we gave the calves
we had plenty of calcium when all the
other kids were eating candy and and so
forth i was eating calf pellets and a
very early age i was very aware
that mineral supplements were very very
necessary like i said i would take a
fencing tool and knock a corner off one
of the trace mineral salt blocks
i would take calcium supplements because
i was small
and playing football middle linebacker i
just never got injured in four years of

playing
because even though i was extremely
aggressive because i was taking all the
raw materials to rebuild my body
and in wrestling where you sweat more
than anything else i would spend
most of my day not in class i was
running up and down the stadium steps
to football stadiums just to stay fit
for my wrestling program
and i know i sweat out a couple of
quarts of sweat a day
and without replacing those nutrients i
know i would have some injuries at least
and certainly may have died
and you may recall a couple years ago
there were many wrestlers who died
suddenly
tried to blame it on some of the
supplements they were taking but
basically they were wearing rubber suits
and trying to lose 5 or 10 pounds to get
down into a lower weight class
and they just sweat out all their
nutrients and died suddenly from that
well doc what if someone to come to you
and say have a son that's
in football or does a lot of athletics
or even a professional athlete

what would you tell them to protect
themselves well basically what they have
to do is take a good basic supplement
program
that gives them all 90 essential
nutrients plus the raw materials to
develop properly and maintain repair
cartilage ligaments tendons connective
tissue
bone matrix lay down the minerals
necessary for a healthy and happy bone
also instead of just using water or
gatorade or one of the soft drinks as a
fluid replacement as they're sweating
before
during and after the events in the
training session they sports drink
it has amino acids vitamins electrolytes
major minerals trace minerals and rare
earths in it
plus three time release energy sources
tastes very good and it's a concentrate
you put an ounce of this
into a quart of water a liter of water
and sip on that you're going to replace
you're going to trickle charge
everything back into your system
that you're losing as you sweat and not
only will this athlete reduce their risk
of death and injury

but also their stamina is going to go
way up they will be much stronger in the
third and fourth quarters
they'll be much stronger in the long
distance races in that last lap
they're going to be much stronger in any
event than the
opponents excellent so dr we've kind of
looked at the problem out there
minerals seem to be the kingpin of what
you're talking about and it's funny
because everybody talks vitamins
that's a good observation craig because
vitamins if you work real hard you can
actually get vitamins out of your food
because plants can take carbon out of
the air manufacture vitamin a and
beta-carotene and all the b
vitamins c e and k but plants cannot
manufacture minerals there's not a
single function in your body that can
take place without mineral cofactors
you cannot utilize oxygen you cannot
utilize energy you cannot utilize
vitamins you can't utilize the proteins
you can't utilize
enzymes you cannot utilize hormones
nothing in your body will work without
one or more mineral cofactors

and yet our foods cannot manufacture
minerals like they do
vitamins and so over the years i
realized that the
minerals were the limiting factor and
the lack of minerals were the limiting
factor to
long life healthfulness athletic prowess
and stamina
and i probably have known that since i
was 14 years old and certainly developed
and collected a lot of information to
back up that belief over the years
and basically minerals are the limiting
factor and so you have to consciously
supplement with them properly especially
if you're an athlete and sweating
the vitamins even a blind hog will get
an acorn sometimes
they supplement fortify white bread they
fortify rice they
fortify chocolate bars they fortify just
about everything what's this document
264 you faxed over to me
well u.s senate document 264 was
actually published by the u.s senate in
1936
and the u.s senate published this back
in 1936
and it's at that time that there is no

longer sufficient amounts of minerals in
our farm and rain soils
to give us everything we needed and as a
result the plants the food plants were
grown there were merely deficient
as a result the animals and people who
ate these mineral deficient crops got
mineral deficiency diseases
and according to us senate document 264
the only way to prevent cure these mural
deficiency diseases
was to supplement properly and we've
known this in 1936
that's back the time when we began to
supplement vitamins and minerals and
trace minerals into animal feeds and
came up with mouse pellets and rat
pellets and hamster pellets and
guinea pig pellets and horse pellets and
canned dog and cat food and so on
to assure them optimal amounts of all
known nutrients they couldn't pick out
what they wanted
unfortunately for human beings we're
left to tv advertisements and newspaper
advertisements and magazine
advertisements
and ignorant trainers who tell people
well just drink gatorade just drink

water and just drink pepsi cola
because we get good kickbacks from them
i can tell you this is incredible
in fact i've got some young children
that now in the back of my head i've got
all these
questions going through my head on how
to make sure that they survive this
ordeal of growing up and and being
athletes
but unfortunately we are right down to
the wire we're going to have to ask you
to come back
maybe do this again love to do it craig
i want to thank you for being
with us this has been dr wallach
national lecturer on the dead doctors
don't lie series
best-selling author physician
veterinarian and all-around good guy
thanks for being with us and for craig
walcott here at health talk
have a healthy day
i'm here with one of my favorite guys
mike glenn
stinger from the nba from the atlanta
hawks and
currently commissioner of the wba how
you doing mike
oh i'm doing good doc i'm really glad to

be here i'm feeling good i've already
had my rebound drink today so i'm fired
up
ready to go another game ready to go
another game let's play two as ernie
banks used to say in the sports world
well um one of the things that's really
been fascinating
over the years is to watch uh athletes
professional athletes and you'd like to
think that fitness is
is the answer to health and longevity
and yet the top athletes
have a struggle they break down they get
tendon problems
cartilage problems ligament problems
they get bone
problems muscle problems and you think
if fitness was the answer to
solving health problems and living a
long time the
professional athletes would have a very
high percentage of them living behind
and with the exception i i know this is
a fact mike
with the exception of two black
gentlemen from the old negro baseball
leagues
there's never been a professional

athlete ever lived behind you're right

one of those

ted double duty rat cliff who was a

catcher had a pitcher in the negro

leagues died at a 101 i believe it was

but you're absolutely right other than

him i don't

nobody yeah nobody and uh there's a

universal reason for this of course and

and regardless of the sport you play in

whether it's basketball or football or

hockey or soccer or boxing

whether it's skating or any other sport

whether it's amateur professional

they all universally sweat yes and

when you're sweating mike you know

you're not just sweating out water

you're sweating out of a soup that

contains all the known essential

nutrients

and if you're just drinking water you're

just drinking soft drinks

if you're just drinking one of those

energy drinks that has one or two

nutrients and we'll talk about them by

the brand name in a few minutes

uh you're going to be sadly disappointed

you may get a little energy but over the

long haul

you're going to break down and the odds

are you're not going to make it to 100.
and so what what's your take on this
what have you seen
over the years in professional
basketball doc
not only statistically doing research
but in my own personal life i
just turned to 50 this past year
and seven guys that i played with in
college
uh have passed on all of them from
health related uh
occurrences nothing accidental so i see
in my own life
the deafs and so many of my former
teammates in the nba and college they've
had
two hip replacements knee replacements
they can hardly walk
they are really struggling so i've seen
it firsthand
that a lot of the athletes of course we
read about the
super athletes like kirby puckett that
recently passed and
the ultimate basketball hero of all wilt
chamberlain
a guy who averaged over 48 minutes a
game for an entire season

averaged 50 points a game he was just
super human
for our season and we see wilt pass at
63 and
other heroes of sports like of course
walter payton one of the greatest if not
45
45 maybe the greatest football player
that ever lived and
even somebody like wilma rudolph whose
records are still right up there at the
top
and it was years and years ago 1960
since she won
those three gold medals but she was a
tremendous athlete
54 a natural athlete had no type of
enhancements whatsoever
and when we see great athletes like that
and even in our own
communities younger athletes than that
dying we know
that there's something wrong that the
people that think if i'm just exercising
then
i should live long that the message
should clearly be there for them
there are other things and exercising
and being a great athlete
as far as longevity and health is

concerned yeah you're exactly right
the commissioner i'll call you
commissioner yes sir and um
you know you look at somebody like
reggie lewis died at 28
cardiomyopathy heart attack adjourn uh
actually he had one heart attack during
a playoff game with a charlotte harness
right and then some weeks later he
died of a second heart attack selenium
deficiency and then more recently
there was a young lady at 19 years old
rolanda pierce
she's a freshman at florida state
university six foot five
she was going to be the michael jordan
of the wnba she is going to be it
she dies with a ruptured aneurysm at age
19 something that turkey wouldn't die
from
because we eliminated ruptured aneurysms
in turkeys 1947
we learned that they're a simple little
copper deficiency and
just by taking copper you can prevent
that so
i know the story but why don't you share
the story
of one of our favorite modern athletes

theoretically

sure i of course i'm very knowledgeable

of all the great nutritional

products that i take and how they work

and as a broadcaster for the atlanta

hawks i was talking to one of the hawks

players not theo ratliff and i was

speaking kind of quietly

this gentleman had several challenges

and i was talking to him a little bit

about nutrition and theo overheard me

theo said mike can i can i get with you

i want to talk to you

about those nutritional things and i met

with phil oliver a guy who had uh

introduced me to the products and i said

phil we need to go out to dinner with

theo ratmif

so we went out with the other was a

young tremendous athlete

it made the all-star team philadelphia

76ers had traded him

to the atlanta hawks which is a red flag

right away why would you trade

a young 610 shot blocker who's a

tremendous person follows all the

trainers instructions

all the coaches instructions he's a

family man he's doing everything right

why would you trade a guy like that he

was not a druggie felon
exactly not exactly right this is the
kind of guy you
want to try to get on your team not
trade him away
so we met with theo doc and we went over
all the nutritional things that he
needed and we pointed out
that he was very deficient of his
nutritions that he needs daily essential
nutrition and
we told him the things that he need we
told him a comf
we told him he needed essential fatty
acids we told him he needed calcium he
needed plant derived minerals he needed
a combination of plants
minerals and amino acids and he needed
glucogel
to really repair and rebuild himself
theo listened and he followed our
instructions he took
all of this nutrition morning and night
and he did that and he really recreated
himself theo had been a guy doc that
when he got to the atlanta hawks his
knees would swell
his ankles were arthritic he had a
detached bone in his hip

and theo was like 26 years old i mean

old man's disease he's 26 years old yes

just like we were speaking of earlier

here he's sweating out all these

nutrients

yes and he's not taking him back in to

maintain and repair his body

yes he was not supporting that

maintenance system

he was depending on aerobics and fitness

and muscle training and strength

training

yes yes because the trainers were

telling them that doc they were saying

well maybe if you

stretch a little bit more so they had

him on icing and stretching

and lifting weights to strengthen those

muscles in the areas of the injury

and none of it he was continuously

falling apart

so we said theo if you take these things

and if you take them every day we can

repair and rebuild you and theo did he

took them religiously uh

one of the few athletes that we've

introduced this to that have recognized

you can't just take it one time and say

oh i didn't feel anything so i just

stopped taking it because they've been

taking inferior products
so theo took all of the nutrition he
went from a guy that
missed 79 out of 82 games
the previous year he only played in
three games doc
and i was right there in the locker room
afterward after each one of those three
he was hurting he's oh my help is
hurting i don't know if i can play
anymore and
coaches would can you just uh play a few
minutes tomorrow night
you know he's 26 years old exactly like
you know the owners are thinking we're
paying you a lot of money for these
little few minutes
all those uh dynamics entered into
professional sports but he could not
play anymore theo was just
in pain and he was only hurting himself
further so he went from there
to taking all the nutrition to
rebuilding himself theo got to the point
where he was playing 82
games pain-free he wasn't even icing his
knees now i played 10 years in the nba
all centers iced their knees their
standard equipment you put your shoes on

you ice your knees after the game
those go together so theo was so healthy
he had no pain in his knees no pain in
his hip he was pain free
he was just jumping out of the gym just
blocking shots led the nba
in shots blocked and was one of the top
vote getters for defensive player of the
year
theo was recreated he was healthier than
he had ever been before
well and then i know something really
really good happened to him
after those two great seasons with the
hawks
what happened then well we were talking
phil oliver and i were talking about
how he had really uh come around and
been created and phil came up with the
idea he said we need to really have a
sports drink
built around field so that when theo
is uh out there he can take all these
nutritional
drinks and supplements while he's
playing and that's when we came to you
doc and we said
can we devise an energy drink that's
full of this nutrition so that while
theo is playing

and other athletes and other everyday
people while they're living their
everyday lives they can take this energy
drink
and feel an immediate sustainable energy
boost
that will take them throughout the game
and they'll even feel better the next
day
so it sounded like a tall order but we
knew that it could be filled and
and that's exactly what happened rebound
fx was uh
created uh we tossed around what would
be a good name and we thought that
theo had rebounded his career and
rebound such a
a part of basketball rebounding uh you
know
you can't win without rebounding so all
of that made a lot of sense and we came
up with the name rebound fx and
theo has taken it theo has introduced it
to a lot of other professional athletes
as we have as well
and it has just developed and earned the
reputation of being the best sports
drink
in the world and coming from a sports

background my nickname is the stinger
and all people know you have to earn
your nickname so
if your name is rebound fx you have to
earn then rebound
has certainly earned that name rebound
fx
yeah i can remember there's one
professional basketball player i can't
mention his name but
i remember one guy one of the top nba
players
uh he wasn't going to play on a sunday
and we were at one of those
basketball clinics on saturday and they
actually had to have
one of the kids who was there who was
going back to miami
hand carry a case of rebound fx to this
basketball player because he wasn't
going to play without it that's right
what a great story doc you're right
the trying out for the wba you mentioned
i'm the commissioner of the world
basketball association it's a young
league we work with young guys and try
to give them opportunities exposure and
development
this young kid had come up to atlanta to
try out comes from miami to try out

and uh one of our professional athletes
that has taken rebound had a game that
sunday
and as you know fedex and ups and a lot
of the
services that deliver don't really do it
very oft
on the weekend so we were having a real
difficult time because he had to have it
he knows the benefits of it
we show the comparison of rebound to
athletes and they
know how significant it is to get any
little edge because the difference in
winning and losing and superstar the
regular player
and making the nba not is sometimes
fractions of a second so any edge that
they can get
athletes know they want it so this kid
was going back to miami and we we had
the idea
we met with the kid and said look we've
got an athlete that
needs this rebound desperately can you
on your trip back
take a cab soon as you get to the miami
airport take a cab go directly to the
arena

meet the security guard in the back door
and give this uh
rebound fx to this athlete and he will
give you two
courtside seats for it
the kid was so elated and so happy he
said will i
i'll be glad to so the kid was we didn't
have to tell him about the benefits of
rebound it was obvious if this
professional athlete
superstar athlete wanted it this much it
had to be very good
and he got a chance to sit on the floor
right near the player's bench and see
the game as he'd never seen it before
and see rebound it worked athlete got
his uh his energy drink and he drank it
throughout the game
and the benefits it was just a win-win
and a beautiful story for everyone
yeah that's that's i love that story uh
mike thanks for sharing that
sure of course you don't have to be a
basketball star or a football star
a boxing star a baseball star to take
rebound effects if you're
the sort of person who needs a
pick-me-up of a cup of coffee or a soft
drink at 10 in the morning at

three in the afternoon at 8 o'clock at
night
you want to try rebound fx does not have
carbonation
it doesn't have sugar it doesn't have
phosphates in it
doesn't have the things that are
negatives from a standpoint of nutrition
and as a result we find that the people
who were using rebound fx
are people in addition to the athletes
of course it was originally designed for
athletes this is
this is like gasoline for a high
performance race car
and you're not often going to get to use
that in street cars
you know on the street because it's just
such a high performance fuel
well here's a high performance fuel for
professional athletes
that's accessible and usable by the
average person on the street whether
you're kind of a weekend warrior
and you play in the company's softball
league right yeah or
you like to go bowling on a friday night
or you just like to um
oh play tennis or bask pick up

basketball

um there are so many people who

break down regardless of their age

whether they're in their teens

on their young adults in their 20s or

30s yet middle-aged people

and they break down they say to me doc i

don't know why i'm breaking down like

this i'm doing everything right i'm

doing all my fitness stuff and i'm

drinking all the water i'm keeping

hydrated i'm exercising

or i'm drinking one of these other

sports drinks energy drinks and you

start showing the comparison

right and they say well wait a minute

this very famous sports drink only has

two minerals in it and rebound fx has 77

plant minerals

it has a total of 128 nutrients in it so

how can you compare

an energy drink that has two nutrients

versus one that has 128. right that's

just impossible and

doc oftentimes when i'm telling athletes

that i'll say

imagine now that you're in the boxing

ring we're going a few years back and i

show them the comparison i say

uh you got this one minute break between

rounds and you're fighting the young
mike tyson which one do you want
so that brings it home clearly right
away
give me a double dose of the rebound
they say so they
athletes really see the difference
though the comparison all the nutrition
the energy the pickup
the ability to sustain your energy it's
just a no-brainer for anybody really
you know rebound fx has really taken off
mike and just because it is a
performance
drink it is an energy drink and it is a
nutrient replacement not only a fluid
replacer but it's also a nutrient
replacer
and it's so convenient you don't even
have to pay for a lot of water
to be shipped to you it comes in a
concentrate you can get the samples a
one serving sample
or you can get the concentrate that has
32 servings in it
you can make it really concentrated as
32 half quarts
or as it's designed for 32 quarts
and you're only paying for the shipping

of one quarter of water instead of 32.
so we're very excited about the system
it's really been very well received
by the professional athletes from all
sports uh can you recall any comments
that maybe some of these professional
athletes have had about
rebound fx oh i have doc so many
athletes have really taken to it and
they've just ordered it in bulk
i mean we have entire teams that will
purchase as much as almost two thousand
dollars worth at one time and say
i want to have this here for the
remainder of the year
and i don't want to have to worry about
when it's shipments coming in
and they just take it every day they
just will not go on the court without it
it becomes
that much more part of you you just
become you feel so much better when
you're walking on the floor
with that confidence as well as the
energy your body is just feeling good
and they know they can play at a very
high level so we've had athletes at
every level whether they're in the
peewee level
the high school level the collegiate

level or the professional ranks and and
in all sports whether they've been
football
boxing basketball baseball track
you name it we've had athletes across
the board that have just really loved
taking rebound to fx
well you're kind of an all-around guy
and one of the many many reasons we have
a deep respect for you and we love you
is that you develop this
league for deaf basketball players yes
and
we really really appreciate that and are
these kids using the rebound fx
yes doc i'm glad you asked about that
this is a of course my dad coached at
georgia school for the deaf so i grew up
around deaf kids
he coached basketball track and softball
there
in the late 50s and early 60s so i grew
up around
deaf kids and i developed the nation's
first basketball camp for deaf kids so
we get
high school age boys and girls basically
from all across the country to come to
my camp

we have a week-long of regular
basketball camp three times a day
and on the last night of the camp we
play an all-star game where
my best deaf kids play against local
all-stars from the community
so they're kind of tired it's been a
long week but they're very excited about
representing the mike glen camp for the
hearing impaired and about deaf people
showing that they can play basketball as
well as anybody
else and so we played and i remember the
first time i
introduced rebound fx to them i just
told them very briefly this is a good
drink it has some nutrition it'll help
your energy
so we're going to have it available for
the game so they said okay
and you know how high school kids are
they want to hire taste and what is it
and
they have been so accustomed to other
sports drinks and so i just put it out
and they were coming from and i
i told them huh drink some of this i had
someone to give it to them and i saw
their reactions
when they go back on the court they had

the energy they came back and i say
which one i want some more of that one
they were signed and they wanted the one
with the rebound in it and they didn't
even know of all the nutritional things
but
all the whole teams the girls and the
boys were taking it
and after the game they were saying how
can i get some more of that so without
hearing the whole story
and knowing what it was going to do for
them that's like just a blind test
it was for a death test in this case but
these kids
just tried it felt it they knew it
worked
and they wanted it so and we've had
rebound available for them
throughout the week now for the last
couple of years but
it is just a part of the deaf community
the deaf sports scene
and still growing uh in every avenue you
can imagine
well thank you for that feedback mike
and since you brought up the test
word yes um the thing that we're really
proud of with rebound fx and

many other of our products is the fact
that um in new zealand which is probably
the toughest country in the world when
it comes to
testing urine and testing sweat of
players
to make sure that they're not taking
anything that gives them an advantage
something that's been banned
uh has been approved by the the agencies
uh in uh new zealand that test for these
things
and therefore it's also approved because
they're the toughest in the world
it's also um been approved by the
ioc wow the international olympic
committee
and what does that do i mean i know that
amateur and professional athletes got to
be worried they're going to take
something new
is it going to affect um their
their ability to plays are they going to
get banned from playing if they take
something with some weird herb in it
or something it shows up in their urine
their sweat or their blood
um how important is that to a player
that is doc
because there's so much emphasis on it

now in the media
every all the emphasis on steroids uh
different drugs that
uh and athletes that have died famous
athletes and often they try to infer
that it was because of
something that they were taking or
rather than some that they're not taking
there was a baseball player who died of
uh something
and then attributed to the ephedra that
he was yes and
then boy congress got in it they they
banned if
ephedra and then an attorney went back
and sued the government and the fda
to get a federer back on the market but
it has to be like
a very very tiny tiny dose you'd have to
take a whole bottle
get the same dose as you used to be able
to get oh okay right and i think that
doc
has scared a few people like ephedrine
so so they they have this uh undue alarm
so to know that it has been stringently
tested that these are beneficial
nutrients and that's what we really
stress to people that this is nutrition

this is not some drugs
chemicals that you're putting in your
body this is the safest and the best
thing
because they are plant derived minerals
have been pre-digested by plants and so
we explain that to them because uh there
is this concern that if it's anything
new that they've not heard of that
maybe it's one of those banned
substances that are
will even make them illegal to play or
will hurt them
in the long run but once we tell them
these factors
they they take it with confidence and
they know they feel it and like it
and then they pretty much go on from
there yeah this is a
rebound and several other products from
from
our wonderful collection of products
has been approved by at least one and
maybe two
agencies in new zealand and again it's
the toughest one in the world
and so the ioc the international olympic
committee
just as long as new zealand says it's
okay they don't even

look at it sideways and so um this has
really opened up the whole
amateur athletic league whether it's
junior high high school
university olympics and we're so very
proud of that because
we don't want these young kids who work
so hard they learn the sport
the the actual technology of the sport
they learn the system of the sports and
then they get
fit and then they start breaking down
and it's always the top ones yes
it is doc and i think the top ones work
harder you know uh
people in sports recognize that
sometimes people outside of sports think
they're just
naturally gifted which they are gifted
or that they're just naturally blessed
and it comes
easily to them but from my experience as
a professional player from
interviewing writing books about them
and seeing how they work
the guys that are stars are usually the
hardest working guys on your team
which means naturally they sweat the
most they lose their minerals the most

and we found these adverse health
effects on the best players because they
they sweat the most i mean they put more
energy more emotion more time
they're into the playoffs in the nba if
your team does not make the playoffs
your season is over by the middle of
april but if you're going to the
championship
game every year then you're going on to
toward the end of
june so you have much more intense games
and practices and you add that year to
year to year
those superstars that are going that
those extra miles
they're going to be the one most
adversely affected
well um thank you so much for sharing
all this information
and i know that people are going to want
to hear this this
material that's going to be so vital to
their long-term health
and also their their day-to-day health
on the short term
because nobody wants to be walking
around on crutches nobody wants to be
sitting in the chair when you want to be
out playing

that's the truth doc and you know you
made me think of something else very
quickly though
my wife who is a uh she likes to walk
and exercise
try to stay firm and slim around this
area doc
in the atlanta area you have a lot of
people that like walking up stone
mountain and walking
around the mountain so you have a lot of
people that are just doing those kind of
exercises daily
and i know phil's wife likes to do these
kind of things as well
and they both are taking this rebound fx
every day they're taking it to walk the
mountain for their exercise all their
friends are taking it
so even if you're not as we've mentioned
a professional athlete and you're
competing at that level if you're just
an everyday person that wants a little
extra energy and nutrition
uh it works very effectively it tastes
great and
it gives them that little extra energy
and they they'll do an extra mile or two
when they're taking that rebound and

they find out that
uh they'll lose weight quicker and
actually and feel better after they
finish walking
okay i'm gonna end this uh mike with
rebound rebound that's our dream
i like that yes indeed let's be back in
the sports world
okay thing you hear mike lynn and both
mike and dr wallach talking about you
know
rebound and how we came about with
rebound and
uh basically how our relationship
yourself and myself and mike
um but i wanted you to kind of tell your
story and just kind of emphasize
why were you such a different athlete in
receiving this
versus your colleagues and what has it
meant to you
well phil um you know it's been
tremendous to me
as far as helping rebuild my career and
furthering me along and giving me the
ability to extend my career
you know it's been well documented of
the different type of injuries
that i've had throughout my career and
it always

got to a point where i couldn't figure
out what was going on my body
and um i overheard mike glenn speaking
to one of my teammates when i was with
the atlanta hawks
back in about 2002
talking about minerals and calcium and
mineral deficiency
and so when i heard him i said yo mike
come over here
and speak to me about that a little bit
and um
he graciously as he is as he is a man
just came over
to and gave me some knowledge about what
it was he was speaking of
and it was uh profound in what he was
what he was speaking about
because i had never had it put to me in
that manner as far as athletes
becoming mineral and calcium deficient
you know
throughout their sweating out all their
minerals during play
and also with the amount of energy and
stuff that we exert
during play you know i become a
deficient in those areas so
he told me about the great products at

uh youngevity

and i was able to get on the products

diligently

you know and rebuild you know the

cartilage from my hip

injury from my knee injury and just all

the different things that i had

going on at the time you know i was in a

situation where

i had the hip injury where i couldn't

figure out what was going on

and you know why these things was just

happening to me

you know because i always try to keep

myself in a superb physical health

and always ready to get out there and

play ball

but you know i was getting these minor

injuries knick-knack injuries

and stuff that was just stopping me from

continuing to be the player that i was

you know like i said with the minerals

that all changed once i got on the

minerals and got to doing the pig pack

plus

and taking the calcium and being

diligent on it

and taking it you know as it was food

you know every single day

twice a day i was able to rebuild my

body

and to be able to extend my uh my

playing career

well theo you know you uh they had a

wrap on you that you were the kind of

guy that got a lot of injuries so why

don't you just trying to tell me

when did your injury start and

what you know at what point did you

realize that there was something else

that you needed to do

well i would diagnose even when i first

came into the league

they said i had a degenerative bone

problem

so that that was when i just had come

out of college

i i wasn't any more than 22

21 22 years old at the time so i had

back issues

so as they looked at the uh

mri i had to take mri and a whole bunch

of exams

and order for teams to even

take me i had to take all these things

to try to make sure that

you know everything would stay intact

and they gave me

you know only five or six years in the

league

tops was where i would be at my you know

at my peak position and everything would

be down here from there

because they saw the degenerative

changes that early

in my career you know lo and behold i

was able to extend

you know my career as far as uh

being able to play and be you know i was

in a position where i was in the

playoffs

as an all-star in 2001 right before

um i received my hip injury which

no right before i received my wrist and

where i

just went up for it blocked shot just

normally coming down trying to catch

myself

you know fracturing my wrists having to

have surgery

and then trade it to the hawks and um

then my wrist healed and

during that same summer right before the

season started

i ended up tearing college i didn't know

what it was i just went up for the ball

jumped for a ball a routine thing that i

do

you know a thousand times a game and you

know
tearing cartilage in my hip nobody knew
what the diagnose was
you know i had to go see all these
specialists and different things that
would
you know and finally figure out what was
going on so i had to have a surgery
for that and in my trying to recovery
from that surgery
i just um wasn't getting back
to being able to play the game and it
had gotten to a point where i had
set out all year tried to come back a
couple of times
and it just wouldn't happen for me so
i had you know lost faith in you know
what was going on as far as
we're trying to heal and was real
discouraged with what the doctors and
stuff were saying
and you know i thought i was pretty much
done with
because i wouldn't be able to be the
same player that i was before i had the
hip
injury but with with that said
i had a great guide for oliver to
school me on exactly what i needed to do

as far as taking the minerals
and the calcium along with mike glenn
and you know just got over my problem
by being diligent on taking the product
and so from that we produce rebound
yes so how is rebound now that we have
this rebound effects
how has it benefited you and even some
of your colleagues
well after being such a diligent uh
student of the minerals and the
councilman constantly
uh rebuilding my body um
we kind of jointly may feel mike
kind of jointly came up with the idea of
having an
energy drink to help sustain
me throughout the game when everybody
else was going down in the fourth
quarter
my energy was still elevating and
staying at its peak position and
you know with that said being
three-time you know shot block leader
you know one of the top defenders in the
league
been um pretty much winner up to being
defensive uh defensive player of the
year
and different things of that nature um

it definitely
helped excel my career and
by me having such a success me seeing
the success that i had
i wanted to wanted to go out to my
colleagues and try to introduce them
to these products as far as with the
minerals and
have them to understand what what's
going on with their bodies when they're
going out they're sweating
sweating out their minerals using your
calcium during play and being able to
replenish themselves with something that
was
healthy at the same time efficient so
prior to that nobody explained to you
about sweat how important
what you're sweating out is replacing it
back in prior to meeting dr wallach mike
glenn and of course myself no one
because you were around nutritionists
you're around doctors no one ever
explained it to you in that manner no no
no one ever
really broke it down to me on what
minerals
are how they work you know we get the
basic

four food groups and you need to be
eating more
carbohydrates and different things of
that nature but never to the detail
on what helps build your body and what
helps you sustain
your body as far as how you lose and
sweat
how you losing your minerals through
sweat and different things that nation
no one ever
sat down until i met you with
you uh phil mike and dr wallach
and they really uh educated me on that
and so now we have a crusade we're
trying to just
expose this information to not only just
athletes
yes but to everybody who needs energy
everybody needs these minerals
how often do you need them oh you need
minerals like i said just like you have
food you know every single day you need
to replenish yourself
with the right minerals and you know to
help
have longevity you know in life you know
to
to live with you know being disease free
you know different things of that nature

being able to have a healthy lifestyle
that's that's what it's all about that's
our crusade is to
try to give everybody ultimate help well
i tell you that's a great crusade and uh
we thank god for you for rebounding fx
and i think we'll sign off with saying
let's go rebound
let's go rebound all right
[Music]
[Applause]
[Music]
my name is michael swirling i'm the
proud
owner of ksco news talk
am 1080 and fm 104.1 in santa cruz
california
a place where there are more characters
per square inch
than anywhere on the planet it was a
lifelong dream for me to own this
station from the time i was a high
school kid
and in 1991 25
years ago i was able to realize that
lifelong dream but be careful what you
wish for
because even though i was so passionate
about running a radio station

that serves the community we did a very
good job of serving the community but
guess what
it didn't pay financially it was almost
impossible
to sell enough advertising to pay
what it costs to run a radio operation
like this
and that's why you won't find a talk
radio station
anywhere in the country or probably in
the world
that's anything like ksco i'm going to
share with you the secret
of our success and longevity for the
last
25 years we have been able to do
almost the impossible and that is
because
i joined a company called youngevity
founded by dr joel wallach an absolutely
amazing person
i'm very proud to present the
following video presentation
that has just blown me away dr wallach
has a message that everybody needs to
see
and i want to share it with you starting
right now
this is about your health and longevity

hello i'm dr joel wallick and we're here
to talk about health and longevity today
and the thing that makes my view
different is that i have a degree in
agriculture i'm a veterinarian
i wrote the first paper in a mass style
from pollution in america
1961. i am a comparative pathologist
and i've done 20 000 autopsies 17
thousands of change
over 454 species of animals and 3 000
humans this is for the center
for the biology of natural systems a
composite of washington university
in st louis the st louis zoo and the
shaw's botanical gardens
and i also have a degree in
post-doctoral fellowship and compared
comparative pathology which is the
equivalent of a phd in compared
pathology
and i'm a primary care physician since
1982
i've been licensed as a primary care
physician and naturopathic physician
from oregon licensed in oregon and i'm
also licensed in california again as a
primary care physician
and of course this gives me a different

view on things what you're going to see
here
in this presentation is why we're in
trouble
why are children or die before we do
they're going to be the first generation
americans who do not live as long as
their parents
why our food is depleted of nutrients
has nothing to do
with pollution and we have a real
problem here
and what you're going to find is we're
going to give you solutions and we can
all win this game together
but everybody's going to have to be
obsessive about making these things
happen
so here we go and of course you're
seeing here some of the
various awards i've won so it gives me a
little credibility
and uh i graduated agricultural school
at the university of missouri
i graduated veterinary school at the
university of missouri and before
graduating
veterinary school actually started
taking courses
in pathology and this is me getting an

award at the united nations
for natural medicine lifetime
achievement award for natural medicine
and philanthropy
and the ambassador on
the right side of your picture is this
wonderful lady she's the ambassador from
nepal
and the gentleman on your left is the
ambassador from dubai
the uae the united arab emirates and
this is off the stage after receiving
more this is kind of the red carpet
thing
and this is me in 19 well this is me in
2011
getting the klaus schwartz award for
trace middle research in the prevention
reversal of
birth defects and most of you have heard
or read
the audio cast that tape the cd or the
book dead doctors don't lie the cd is in
12 different languages all over the
world and it's
sold over 300 million copies we're very
very proud of that obviously somebody's
interested in the message
now this is a word cloud and it's just

going to be a brief introduction
to some of the concepts we're talking
about before we get into the details so
you know where we're going
i want you to look in the upper right
hand corner and you'll notice it says
obesity
the prevailing theory for a hundred
years on obesity has been
obesity is caused by eating too much and
lack of exercise well we found that
theory for a hundred years and what did
we get we're the number one obese nation
in the world
it's a failed theory basically being
overweight and obese is really due to a
deficiency of a certain group of
nutrients
and if any one of them are missing
you're going to start gaining some
weight there's several of those
nutrients in that group
if you're missing them you're going to
weigh 400 600 800 pounds
and so obesity can be gotten rid of very
quickly
but you have to supplement with these
nutrients and then the cravings the
munchies the binge eating goes away very
simply you can lose a half pound of two

pounds a day and we'll talk more about
that in detail in a moment
the red rectangle uh just below obesity
has the word alzheimer's in it
alzheimer's disease is certainly not
caused by eating aluminum or being
contact with aluminum deodorant
we're looking at a disease that's a
physician-caused disease
alzheimer's disease is a
physician-caused disease not caused by
aluminum
absolutely not genetic it's a simple
nutritional deficiency it's driven by
doctors telling people to do things
telling their patients to give up
cholesterol and saturated fat to say
cholesterol deficiency
we'll talk more about this in a moment
then there's cardiovascular disease
this is probably one of the biggest
hoaxes because it's proactive
in other words it was consciously done
to sell
another product and this is where
procter gamble to make a long story
short
ultimately bought the patents for a
substance that was used as a

submarine diesel engine lubricant a
smokeless lubricant
originally and after the war they didn't
need it as a
submarine diesel engine lubricant
anymore and so procter and gamble wound
up with it and they were going to sell
to soap and they couldn't sell it as
soap because
people were making their own soap and
they decided to use it as a sharpening
for cooking but they had to demonize
what grandma had been using for
centuries that is lard butter cream and
eggs for cooking
and what they did again to make a long
story short through ansel keyes who is
on the board of procter and gamble
and also on the board of the american
heart association uh he brokered a deal
in which
the procter gamble gave a 1.7 million
dollar grant to the american heart
association in
exchange for an endorsement of this
diesel lubricant as a replacement for
lard butter cream and demonization
of cholesterol and saturated fat also
they came up with the idea of the
mediterranean diet to sort of

make it more sexy to give those things
up the mediterranean diet has turned out
that these are all false
things we'll talk about that more in a
minute in detail but basically
congestive heart failure one of the more
common causes of heart disease
in adults all over the industrialized
world is due to a deficiency of a single
vitamin we've known that for 300 years
it was
proposed by a japanese naval surgeon 300
years ago
cardiomyopathy heart disease i'm very
familiar with that it's a deficiency of
a single mineral
and you see this resulting in sudden
deaths in athletes or sudden deaths and
people who do hard physical work
i've actually done 1700 autopsies on
kids under the age of ten that have died
of this one
in keyshawn province china its
deficiency of a single mineral has
nothing to do with cholesterol or
saturated fat
then there's coronary artery disease
that has nothing to do with saturated
fat or cholesterol

coronary artery disease and i said this
in 1971 after doing 20
000 autopsies on the big nih project
with the center for the
center of disease control and also for
the center of the biological systems
and it's one of those things where this
was a joint project between
washington university and st louis the
st louis zoo in the botanical garden
shaw's botanical gardens
and marlon perkins oh ken barry commoner
those two guys put this together
and brought me back from africa i was
doing research and
conservation work with the white rhino
and the african elephant
came back for two years after that
project and
uh began to do these autopsies uh 17 000
some change
of over um let's see 454 species of
animals and 3
000 humans and the 1200 page book that
came out of that
is in the smithsonian institute the
bottom line of this finding of this
10-year project
was that every animal and every human
being who dies of what we would call

natural causes dies of a nutritional
deficiency disease not pollution and
certainly not genetic so
it was kind of um surprised everybody
but that's what the study showed
everybody
agreed with the research and so
coronary artery disease again is not
caused by cholesterol recessive fat it's
actually caused by inflammation which
was said in that book
which is in the smithsonian institute
and
it's caused by inflammation caused by
eating inflammatory foods fried foods
processed meats oils
yes oils and gluten wheat broth around
oats
and then there's coronary thrombosis one
of my
nine um lawsuits against the fda and
federal court
and we want the ability to say that
coronary thrombosis
is not caused by cholesterol and
saturated fat but is caused by actually
a deficiency of omega-3 essential fatty
acids
and are a ratio problem between omega-3s

sixes and nines
then you jump over to arthritis in the
lower left-hand corner and arthritis in
fact is
simply a multi-mineral and multivitamin
deficiency disease
rheumatoid arthritis has a secondary
infection with mycoplasma bug that's
easily killed in a couple of weeks
with an antibody called minocycline
member of the tetracycline family
then you go straight up from arthritis
in this word cloud to diabetes
and diabetes has nothing to do with
genetics it's not a genetically
transmitted disease type 2 diabetes
which makes up 90 of the diabetic
population
is in fact due to a simple deficiency of
a single mineral
we've known that for almost 80 years now
and of course this allows us to
prevent and support the body's ability
to heal itself when you have type 2
diabetes it's one of those little
miracles
because an example would be if
you have iron deficiency anemia instead
of wanting to just give you an iron
supplement to solve the problem medical

doctors want to do a bone marrow
transplant
that's why we have such complicated
procedures and treatments for
diabetes when it's really a very simple
mineral deficiency disease
and of course in the beginning of time
when human beings began to record things
and tell
stories into their families they get
messages passed down
they believe that diseases were caused
by evil spirits or things up in the
universe that they had no control over
and they knew there was infectious
disease they didn't know the word
infection but they knew they were
transmitted
and they're very dangerous diseases they
put writings on cave walls these cave
walls in the cave art
they had pictures of shamans treating
people with infections and wounds
and of course astrology is where they
believe this and we're talking about
physicians now
as well as the patients believed that
people would get sick because they
angered gods up in planets

and if they would sacrifice either
animals or
even their neighbors to these gods they
would be appeased and would look kindly
upon them and let them survive through
epidemics and plagues
or maybe prevent them from getting
disease or allow them to have healthy
children
and in more recent times maybe in the
last 500 years
medical doctors got rid of their
competition by going to churches and
telling them that the grandma
ruthie was healing people with her herbs
it was really god's job to heal people
and not
this witch and the church would send out
inquisition committees to
torture these poor grandmothers into
confessing that they were a witch and
then they would burn them at the stake
and so
the churches were involved in helping
eliminate the competition for doctors
doctors originally believed in the last
thousand years
that diseases were caused by an
imbalance of different fluids in the
body the humor as they called them

imbalance of the humerus and there was
blood
and phlegm and urine and yellow bile and
black bowel and the way that they would
balance them back
was to use bloodletting they put leeches
on you suck blood out or they would just
cut
veins on the surface and allow a certain
amount of blood to drain out
and of course physicians killed our
first president george washington by
bloodletting him when he had a
respiratory infection
the first guy to really look at
nutritional deficiencies in western
world
was a guy by the name of shusler and he
was a hospitalist in in german hospitals
and
when indian patients would die after
months or longer
in hospitals he would cremate the bodies
and analyze the minerals
in their ashes and then he would
actually compare
and relate the different mineral levels
in these bodies in the ashes
with their symptoms and when people come

in with those same symptoms he would
give them those minerals
and he'd be able to cure many many
people and these became known these
metals became
known as schuesler's cell cells we're
talking about magnesium and phosphorus
sodium sulfur silica calcium
phosphorus i said iron and
potassium all of these things were given
and people would get cured
so schuster was one of the first ones to
point to mineral deficiencies as
possible causes of certain diseases
the fda moved from the seven food group
pyramid to the
plate now their mantra has been to the
general public
just eat well you get everything you
need eat plenty of
dark fruits and vegetables to get
antioxidants and also eat the four food
groups you're gonna get everything you
need don't supplement you could overdose
and this has been a terrible terrible
terrible event in humanity's
development because as you would see in
a moment you cannot get everything you
need just by eating
foods of different colors and eating

well pharmaceuticals got started
with patent medicines of course we're
talking about
professor smith's or dr frank's
liver tonic which is usually whiskey uh
that they hit home brewed
and one of the first ones here in
america was a fellow
a german fellow by the name of a bear
actually
saw people relieving their pain and
their suffering
by chewing on white willow bark and he
made an alcohol extract of it
a tincture if you will and dried out the
and got a powder made a pill out of it
and called it bear aspen was able to
relieve pain that was one of the first
over-the-counter
truly what we would call an
over-the-counter drug today
coca-cola was also one of the first
pharmaceuticals it was actually cocaine
to be with again with it was a cocaine
and liquid form
coca cola and when it became necessary
to pull a cocaine out of it because it
became a prescription item
what we have here is they would put

caffeine from coffee
into the coca-cola and they carbonated
it
and made it something that everybody
could drink in the
little little drug stores before there
was um
prozac for depression
medical doctors write prescriptions for
cigarettes for depression
and when it became known that smoking
tobacco or chewing tobacco
increased the risk of lung cancer
and mouth cancer oral cancer and so
forth
everybody sued the tobacco companies and
the medical doctors got to walk
they were writing prescriptions for 30
40 years
for tobacco they were the ones who were
intimately involved in causing lung
cancer but nobody ever sued a doctor for
that because everybody went to the deep
pockets
of the pharmaceutical companies which
were at that time the
tobacco companies hospitals overcharge
people by as much as a thousand percent
in modern times eighty-five percent of
all personal bankruptcies are due to

medical bills
85 of all personal bankruptcies are due
to medical bills
it's a very very scary prospect when you
think about it
and most of the debt in america and
other industrialized nations comes from
medical bills people think they're
getting
free medical care but they're paying six
dollars a gallon gasoline
in taxes to pay for the free medical
care so it's not really free
but it buys a lot of votes to say you're
going to give free medical care to
people if you vote for me right
and the reason why this goes on is most
people don't go through
their statements that come in from the
insurance companies and when the
statements come they just look it's an
insurance statement they throw in the
draw without opening it
and so nobody noticed that hospitals are
charging insurance companies 500
for a single rubber glove and so on and
they continue
to get away with it the number of
americans using five or more drugs

nearly doubles

okay 59 of american adults are on

prescription drugs

59 this is very very scary this is

legal drug dealing is what it amounts to

and of course most prescription drugs

with the exception of antibiotics do not

cure anything

with the exception of antibiotics which

do cure infections uh

things like bacterial meningitis

bacterial pneumonia abscesses

bacterial intestinal infections and so

forth um

but other than antibiotics there's not a

single drug that cures anything they all

treat symptoms they all relieve symptoms

some do a very good job

some have terrible side effects

including death death rates rising from

millage white americans

okay this just came out now you can see

november 2015

the death rates were rising for

middle-aged white americans while

declining for other wealthy countries

and among other races and ethnic groups

the rise appears to be driven by suicide

drugs and alcohol abuse but

but when you look at these people who

are committing suicide and who are
abusing alcohol and drugs these are ones
who have
6 8 10 12 15 terrible diseases
degenerative diseases chronic diseases
making their lives miserable and none of
the drugs are taking or helping them
they're driven to look for something
that's going to give them relief here's
one guy who kind of
overdid it and he started billing for
one patient five million dollars a month
for
drug therapy for cancer they didn't have
well he got
his hand caught in the cookie jar put in
jail for 175 years
and in fact many many many more doctors
should be put on trial for the same
problems when doctors don't know what
you have when they don't know what you
have as far as a disease
they say you have an autoimmune disease
your body is attacking itself that way
it takes the responsibility away from
them
gosh instead of saying i really don't
know i have to do a little bit of
research to find out in the meantime i'm

going to give you this drug to give you
some relief
they never do they say oh you have an
autoimmune disease your body's attacking
itself not much i can do for you
or you have a genetic disease your you
just have bad genes there's not much i
can do for you
okay it's not my fault well let's have a
look cat scans
are linked to cancer because they have
as much as 500 chest rays worth of
radiation for one cat scan
even the government says use them limit
you know in a limited basis and
in fact most of the time you shouldn't
even use a can scan harvard medical
school said that 20 years ago don't use
cat scans
okay because of the radiation dangers
they're linked to breast cancer
and other forms of death the mammogram
is not a prevention repeat that
mammograms are not prevention they also
have
as much as 500 chest x-rays worth of
radiation one mammogram
why would you do that well i've been
going to the same ob gyn for 25 years i
really respect him and he said i really

should get a mammogram so i did
women should get three and four
different
um opinions before they make choices
like this and there's other options
a high resolution ultrasound would give
you the same information without the
radiation of course
an ultrasound the doctor might only make
50 bucks or in a
a mammogram he might make 1200. now this
story in the japanese newspapers
kind of gives you the the idea of what's
happening here with medical care and all
industrialized nations
if you notice um medical care expenses
in japan have
increased from two trillion yen in 1970
as two children trend a year
in 1970 to 37 trillion yen a year in
2009
and in 2014 it was actually 40 trillion
yen for one year 2014. well you want to
note that japanese tax revenues in 2013
totaled from all tax revenues the
country was 42.3 trillion
so the doctors were paid 40 trillion of
that only 2.3 trillion was left over to
do the business of the government now

you see why governments are going
bankrupt
all governments in the industrialized
world are going bankrupt because of the
cost of inefficient
dangerous and ineffective medical care
genetics is another failed theory of the
20th and 21st century there's not a
single disease is transmitted
genetically there's not a single
disease that is transmitted genetically
as birth defects all birth defects are
caused by nutritional deficiencies of
the embryo the concept
of adults passing on information whether
you're an oak tree or a fish or a human
being or a hummingbird or crocodile
goes back to the days of charles darwin
people had noticed these things but
charles darwin was the first one to
write it down
and his cousin francis galton
really enjoyed what darwin was saying in
his book on the origin of species and
began
a little sort of pseudoscience called
eugenics
and this started the entire world in a
race
for gathering up territory because

everybody wanted to be the master race
remember this
sort of stuff went on in the 1800s but
hitler picked it up
in the 1930s before the second world war
and took eugenics
to a horrible horrible level uh in which
oh i don't know
the nazis killed over 40 million people
who they thought weren't worthy of
living
kind of like um selection
in farm animals if you have one that
doesn't meet your criteria
for production or standards of looks you
eat them
okay and so he was killing people who
didn't meet his standards
of the perfect generation
gregor mendel priest was the first one
to talk about
things like recessive and dominance
he understood that in hybrids he was he
was a priest and
he found out all this information by
studying pea plants and how they
uh worked when you began to hybridize
different types of pea plants very very
smart guy

eighteen hundreds late pasture invented
the germ theory and he was a
wine chemist and he invented
pasteurization he would heat wine
to prevent it from going to vinegar and
he knew that fermentation then was a
biological process
and he also knew
once he looked through the first
microscope which was invented by a
dutch eyeglasses maker von luinhock he
could see
yeast actually growing in fermenting
wine and beer and so he knew his
biological process he heated it and
stopped the process so it didn't go to
vinegar
doctors still at the time believed that
the
fermentation process was a chemical
process and as a result when you heated
it it actually
went faster sometimes explosively 1961
i was able to find as a graduate student
i had graduated ag school i'm halfway
through veterinary school
and taking graduate courses in pathology
found the first
mass die off in america from pollution
uh did the research

found out how it happened exactly uh
tracked all the chemistries
got it published it was my first
publication i gave a copy to marlon
perkins and this is how he was
interested
and me doing the autopsies in his
project for the center for the biology
of natural systems
again the founding members were the
university or washington university of
st
louis st louis zological garden st louis
zoo and
shaw's botanical gardens barry commoner
okay
really a very very smart fellow when it
came to biology and marlon perkins was
one of my mentors
and he remembered that paper i had given
him on the first mastodon from pollution
and so i was in africa working in the
white rhino conservation project in the
african elevation
and he sent me a letter invited me back
to
work on this project with the center for
the biology of natural system be the
pathologist on the project

because i had given him this paper on
pollution and they believed that
pollution was a
basic root cause of of
diseases of natural causes and they
wanted me to do autopsies and zoo
animals that lived in big zoos
in the big cities united states and they
wanted to use the zoo animals in these
big zoos united states as the canary in
the mine like the old welsh coal miners
would take um canaries down in the mine
if gases would leak into the mine
the canaries were more sensitive than
men and they would drop off the perch
and die long before the men were in
danger and they could get out safely
and they felt that with big zoos having
400 500 600 species of animals
that um they could get information
before we actually got hurt
and they actually froze bodies and sent
them to me from zoos
all over north america canada united
states and mexico for this project
this is the book that came out of it
this book a disease of exotic animals
1200 pages
covers 20 000 autopsies 10 million
chemistries

and is in the smithsonian institute as a
national treasure i'm very very proud of
that work
all birth defects are caused by
nutritional deficiencies
during the development of the embryo the
amber has gone down essentially an
assembly line if anything's missing
that's required for the
production of cells or tissues or organs
there's something missing at that
appropriate time during the first
trimester of pregnancy
guess what you're going to get a defect
because something's going to be missing
by the time
1910 1920 came along we knew the
chemical analyses we knew the
biochemistry of
genes and dna and rna but nobody really
knew the physical structure and so it
was kind of delaying
genetic engineering because nobody knew
the physical structure well in 1953
these two young fellows here
um james watson from the united states
and francis crick from england proposed
a double helix
and it took nine years it went all the

way until 1962 before the
general science community agreed with
him and they got the nobel prize fart
that time james watson was named the
director of the cold springs
genetic research laboratory for the
federal government in new york and
manhattan island
and between 2003 and 2011 the human
genome
was mapped out we knew every gene is
found in the human body
and 850 biotech companies were formed
and spent trillions and trillions and
trillions of dollars looking for
screening tests that would alert us
early on that a child say two years old
when they've when they're 48 is going to
get parkinson's disease or when they're
52 are going to get breast cancer
prostate cancer colon cancer
and they could genetically engineer the
proper healthy genes replace the bad
genes and
thus eliminate the appearance of the
disease later on that was a whole idea
of genetic engineering
when born errors in metabolism were
thought to be genetic
because people were born with these

diseases and doctors

erroneously falsely believed

that they were due to genes and genetics

one of the more common ones

is sickle cell anemia primarily found in

the black community

as sickle cell anemia and i was finding

sickle cell anemia

in deer and in antelopes and in

hummingbirds and how could a human

genetic disease wind up in

in these animals and so that was my

question and it turns out that this is

not a genetically transmitted disease

it's called an inborn ear metabolism

during early pregnancy the third to the

seventh week of pregnancy

mother's missing a mineral and what

happens is

the system that manufactures good

hemoglobin is

not correct because things were missing

when it was farming

and so you get a dysfunctional

hemoglobin and under um

not so optimal circumstances it will

sickle and they'll have a crisis and

certainly can die from it

now this is in the black community the

white community the same disease is
called thalassemia
and they call it thalassemia because you
can't have a black gene and a white guy
or a white gene a black guy so they call
the same disease in two different groups
two different names i always thought
that was kind of interesting and began
to fill in the blanks for me
as a researcher doing all these
autopsies
same thing with lactose intolerance the
lactase enzyme which is formed in the
pancreas and
and the upper small intestine the
mechanisms for forming that enzymes
are dysfunctional because mama was
missing a mineral when that was farming
and so the equipment doesn't work after
the baby's born but you can supplement a
a lactase enzyme capsule before you go
to an ice cream party you won't be
uncomfortable and embarrass yourself and
and so forth totally preventable same
way with type 1 diabetes is not genetic
type 1 diabetes is an inborn error
metabolism you're supposed to have
something like
500 000 beta cells in an island of
langerhan in which your body makes

insulin but when kids are born with a
type 1 diabetes they might only have
say 50 or 100 of these beta cells and
they have just enough insulin
to squeak by when um uh they're
three six eight ten twelve years old but
they're going through puberty at you
know ten to twelve
uh they're starting to do more physical
activities and it's not enough insulin
and so they show up as a type one
diabetic at that point
totally preventable and certainly at
this point
not reversible lipid storage disease
there's enzymes missing
what happens is as a person grows older
they get mental diseases
because they're missing the enzymes that
are required to move
fats into cells and out of cells so what
do we have left here
well eugenics of course was
francis galton's way of looking at it
but it's really epigenetics epigenetics
is as a science it takes a place of
genetics and notice the subtitle in the
book epigenetics is
the death of the genetic theory disease

transmission that's based on facts as
you'll see here in a moment
and black gene lies pastor creflo dollar
from atlanta georgia
and the world changers church because i
had helped his daughter get rid of
a lifelong terrible terrible form of
asthma and he was told it was genetic in
the black community
he was told that his daughter was not
doing very well and she was not going to
make it she wasn't responding to
various medications that normally would
help other kids
with asthma and so when when it was said
that she wasn't responding to medication
i knew immediately that she wasn't
absorbing the medications why she wasn't
responding so we put on a gluten-free
dot to increase her
efficiency of absorption got around the
90 cents of nutrients
and her asthma went away in two weeks
because we were giving her the raw
materials and she was able to absorb the
raw materials
for her body to make all the various
hormones that are necessary to dilate
the bronchi
okay we were able to support and promote

maintenance repairs of that
system well he actually funded the first
hundred thousand copies of this book
black gene lies he said
doc i want you to get information do the
research
and find all the diseases are said to be
genetic in the black community
diabetes heart disease cancer
alzheimer's disease and sickle cell
anemia
and find out what's going on here and
which diseases are genetic which ones
aren't
what we can do to prevent the ones that
aren't and how to cure the ones we can
and of course all this information is in
the book black gene lies
high pressure is not genetic even in the
black population
hybrid pressure is usually due to a
simple mineral deficiency
or maybe when you have kidney failure
the kidneys will
release a hormone called renin-r-e-n-i-n
to drive your blood pressure up to try
and get more
dirty blood into the filtering units but
it certainly is not a genetic thing

totally preventable and in most cases
reversible with the proper supplement
program
the death is genetic theory disease
transmission now
james watson the director of the cold
springs
genetic research laboratory in new york
and in manhattan island
did not coin that phrase i calling that
phrase
okay but he did say that
he did say that
all the experiments they had done over
the last 60 years in genetics
had been irrelevant you could you could
actually i'm quoting him now
you could actually sequence the
genes of 150 000 people a day who had
diseases we believed were
genetically transmitted diseases uh
things like
cancer diabetes sickle cell anemia
and the reason why we weren't able to
deal with them was because they were
genetic
well he said all that was irrelevant
because none of those diseases are
genetic
they're either a chemical problem

chemistry problem biochemistry problem
aka nutritional deficiencies
and i then after he said that in public
i coined the term the death of the
genetic theory disease transmission
remember
there's thousands of failed medical
theories every century and the 20th
century and the 21st century are no
different
one of the failed theories in the 20th
century and 21st century is the genetics
cause disease is not true
you can see how a human embryo develops
and if anything's missing along the way
something's wrong with the liver they
get a cleft palate they get cerebral
palsy they get spina bifida
the down syndrome all nutritional
deficiencies as the embryo develops
totally preventable in many cases
such as sissy verboses and muscular
dystrophy even after the baby's born the
reversible with supplementation because
they're a biochemical problem not a
mechanical physical problem one of the
places that doctors do good work is
saving premiums 100 years ago baby born
a pound and a half most of them didn't

make it

today maybe 85 90 will make it

but those two and three months in the

incubators of special care is not cheap

it costs 280

000 to 500 000 per baby

whether they make it or not and guess

what

for six hundred dollars worth of

supplements

you can prevent premiums you can prevent

all birth defects in babies

down syndrome is actually caused by

deficiency of a single mineral we've

learned this in animals

and we've eliminated in animals and of

course one out of 700 babies in america

are born with down syndrome i've been

able to

actually prevent and reverse down

syndrome

in an embryo the most famous one in two

and a half months of pregnancy

was lauren knievel evel knievel's niece

in law and she called me and she had an

amniocentesis and she had

an ultrasound both of which said she had

a very severely afflicted down syndrome

baby everybody wanted to have an

abortion she didn't want to do that

she contacted me and asked if i could
help her we gave her the 90 essential
nutrients 60 minerals 16 vitamins 12
essential amino acids 3 fatty
acids gave her a little bit extra the
mineral that's missing when you have
down syndrome and guess what after 9
month full term pregnancy her baby is
born perfectly normal
i've done this many times since but
obviously that's the most famous
family have been dealing with trisomy 21
or down syndrome
cerebral palsy is a good example of a
gradient disease depending on
how severe the deficiencies are during
the development of the cerebellum
the part of the brain that actually
functions to control and stimulate
proper function of fine muscles small
muscles
and um if you're if you're born with a
cerebellum
that's the size of a tangerine all the
pieces are there you're gonna be born
normal
but let's say you're born with a ten
percent under development you're going
to walk like charlie chaplin but that

might be
a manageable and uh controllable with
braces and physical therapy
let's say you're 25 underdeveloped of
your of your uh cerebellum
you're gonna be flopping around with
your arms and legs what's gonna happen
here is
um you will look like a classic cerebral
palsy's patient
if you're 50 underdeveloped you're going
to be with
a wheelchair for the rest of your life
because there's not enough
size and function of the cerebellum to
actually do the mechanical things you
need for muscle function
this girl here has as much as a 90 under
development the only thing that she
could voluntarily move herself or her
eyes
you notice the clamps holding her head
up you notice the shoulder clamps and
harnesses holding her
chest back in the chair you can see
where her legs are shackled into the
chair because she
had such terrible cerebral palsy that
she is flopping all over like a fish out
of water

and she had to be restrained in this way
this child costs 5 million
a year to care for requires enormous
amount of care now the interesting thing
about this child
when she goes to puberty and cycles and
gets
married and has kids she can have
perfectly normal kids even if her
spouse even if her husband has yes
cerebral palsy because it's not a
genetic disease they can have normal
babies
if they're getting if they're getting
all the 90 cents of nutrients prior to
conception
of course the cerebellum um the
part of the brain that looks like a
pomegranate has been cut through in the
back side of the brain stem
there in this picture this is the part
of the brain that's afflicted when you
have cerebral palsy the smaller it is
more severe the cerebral palsy there's
another one of my lawsuits against the
fda and federal court and basically
what what you see here is two little
kids
new barns with spina bifida

and of course spina bifida often times
occurs in the lumbar area
but can't occur anywhere up and down the
spine the one on the right also has
a zinc deficiency it has club feet
spina bifida is due to a folic acid
deficiency and i'm one of the three guys
who got together
and actually sued the fda and that's why
we have folic acid and prenatal vitamins
to prevent spina bifida
sami's twins are co-joined at the pelvis
these things are all caused by
nutritional deficiencies during
pregnancy
there's a really incomplete siamese
triplets you see three sets of legs
there
the complete child also has a club right
foot
meaning a zinc deficiency the incomplete
other part of the triplets here
are just from the hips down so you see
three sets of legs
but the only complete child is the one
bigger one you see and all this is
certainly
preventable by proper supplementation
prior to
conception all 90 essential nutrients

congenital
deafness is caused by deficiency of a
single mineral it's not genetic in any
way shape or form
and doctors continue to farm agencies
and programs to beg for money to find
out the genes so kids won't be born deaf
if the mother takes the the prenatal
vitamins
preconception vitamins and minerals
prior to conception
there won't be any more children born
deaf because it's a simple mineral
deficiency a single mineral deficiency
same way with a cleft pell cleft lip
totally caused by
a deficiency of a single mineral in the
early stages of pregnancy when the when
the flat disk
of the embryo begins to curl up into a
tube
and the tube doesn't close all at once
it closes like a zipper so you can have
a defect anywhere along the underside of
that embryo and of course this is the
last stages of closing the embryo and
the zipper is the
mouth and the palate the middle and the
left-hand picture are babies that have

been egregiously impacted by thalidomide
a drug that was given to women for
morning sickness early in pregnancy
and it interfered with zinc metabolism
in the embryos
and cause the loss and prevention of the
production of limbs arms and legs a
terrible terrible thing
there's a similar thing goes on in a
village in russia
where about an average of 300 kids are
born there every year there's one
village
half of them have the same defect on
both sides of their body
25 percent have the defect in the right
side 25 percent have the defect on their
left side
they don't have thalidomide but they do
have a deficiency of that same mineral
and you can see where the these kids
were gathered together by the
photographer to show they all had
missing
left forearms cute little kids but
they're all missing left forearms
uh totally totally preventable while the
doctors are telling him it's a genetic
disease in that community
you've all heard of the greek mythology

of the
cyclops evil giant
and here's a cycloptic kitten there's a
cycloptic
lamb a cycloptic shark what this tells
you is when you have
three different species here having the
same problem the same deficiency
will cause cycloptic anatomy in all
vertebrates any vertebrate that has a
deficiency of this nutrient at that
particular moment of the development of
the embryo will wind up cycloptic
including humans
and so this is why we had that
greek mythology there were babies born
in those days with cycloptic eyes
as there is today there's a human baby
with
cyclops uh you can see that there's no
nose between the eyes and the upper lip
the nose is above the
eye and of course this is a very very
terrible
birth defect and most of the time when
they do a ultrasound and they see this
defect the parents choose to
do an abortion many of miscarriages
are because these are have low viability

these babies with a cycloptic defect
and they will be miscarried and so i
don't know what the percentage is was
very high of
miscarried babies or psychopathic babies
we look at animals
where we have control not wild animals
we don't know the rate in wild animals
but in domestic animals we have farm
animals and pet animals as one in
sixteen thousand
have um cycloptic anatomy in humans when
you take in the miscarriages
is one of 250. why is that that's
because we supplement animals
to rent birth defects and human beings
are just told to eat well
most women will miss two periods before
they start taking prenatal vitamins by
that time
the embryo is impacted this single
mother had one child born with 38 birth
defects
one child with 38 birth defects we're
talking about spina bifida heart defects
club limbs cerebral palsy
and she gets help financially from 38
different agencies that raises money to
do research on these things
somebody needs to go to jail here and i

would vote for the ob gyn that managed
that pregnancy
in 1977 i discovered the first non-human
case of cystic fibrosis and a monkey at
the urchins primate center
in atlanta georgia and this was emory
university
drainage memorial hospital all the
experts on the letterhead agreed
that the tissues were in fact cystic
fibrosis that i told it was from a
non-human a monkey and they were all
excited said well
we can have a laboratory animal now we
can study cystic fibrosis well having
already done by this time
all this research um with the center for
biology of natural systems marlon
perkins washington university
the st louis zoo charlotte's botanical
gardens written 75 scientific papers i
knew what to look for
and began to look for what might cause
this birth defect and everybody said it
was genetic well i found it was due to a
deficiency of a single mineral
deficiency of a single mineral was able
to go back into the colony where this
baby monkey was being raised for nasa

for space projects
there were 24 unrelated
monkeys baby monkeys the same age that
still were alive but they had the
disease got permission to do biopsies
with their pancreases and livers and
lungs and sure enough
they all had cysts herbal since they
were not related genetically in any way
shape or form
gave them the mineral that was missing
and cured them all wrote it up
asked for permission to get it published
and i was fired from emory university in
europe's prime minister i said well
you must be sniffing glue everybody
knows that cystic fibrosis
is genetically transmitted well why
don't you call together a committee like
you would for
um challenging a thesis for a phd
student
get geneticists get experts in orbital
says get pediatricians
and let them challenge my evidence let
me bring my evidence and respond to them
if i can satisfy them
they're all agreed then we can move
forward and get grants and safe kids but
if we can't then go ahead and fire me

they said no
we'd be embarrassed to tears to call
together such a committee because
everybody knows is genetically
transmitted
and this is the press release from emory
university in march of 1978
um when they knew that we had a
non-human case of cystic fibrosis they
were very excited about it
and they want to get credit for it so
they sent out this positive news release
and then they fired me in another month
when i told them it wasn't genetic
okay well this is from june of 2005 june
of 2005 the international laboratory
animal research journal
you notice it says serendipitous
insights involving non-human
primates this was the entire journal
this issue
was dealing with primate research in
human diseases
because at this time the federal
government had actually
defunded primary research is too
expensive a thousand dollars a day for
primates use mice it's only 10 cents a
day

if you have to use primates go to the
gates foundation get money from them the
government's not going to pay for it
and so they took the top 10
serendipitous findings the top
10 accidental findings in primary
research that benefited humanity so well
said look even just by accident we found
these things
and number two out of the top 10 for the
20th century was a discovery of the
first non-human case of cystic fibrosis
my work
and there was like three paragraphs in
the in that piece on the cystic fibrosis
and the last sentence the last portion
of that sentence they had brackets and
said
in emory universe he refused to release
the name of the young pathologist who
made the discovery
close brackets because they were so
embarrassed that they had fired me
and now they're using my work to try and
save their research programs
one of the reasons why they didn't want
it to be a simple nutritional deficiency
disease
because the early cost just for the
respiratory piece just for the

respiratory piece
of scissor process there's a digestive
piece also
and liver piece also but for just the
respiratory piece
the cost for one patient is 200 and
almost 260 000
a year so why they want to give up that
kind of income just by telling the truth
and this is why the medical system tends
to fail us is because they
work for the money as opposed to the
truth these are some of the kids that
i deal with with sissy rebels a little
sidney myers from fort wayne indiana she
was supposed to have a
double lung transplant two and a half
years of age her parents didn't have
insurance didn't have money
so they came to me and we put her on the
program
and here she is six and a half years
later winning a dance contest
and of course she's perfectly normal at
this time and she'll be able to have
normal babies
and no problem now an opportunity came
along in 1989 for me to go to keyshawn
providence china i went to kishan

promise china to do autopsies on kids
that died of keyshawn's disease
which is a deficiency of a single
mineral now the same mineral is the same
deficiency that causes cystic fibrosis
now that's not unusual people say well
you must be infatuated that mineral no
calcium deficiency can result in 147
different diseases
zinc deficiency is a big big cause of
many different birth defects
and so this mineral deficiency selenium
is no different there's
probably 25 different diseases caused by
saline deficiency
well keyshawn disease as it's called is
named after the province in china where
it occurs so frequently
because there's little or no of this
mineral selenium in the soil there
plants that they grow corn and wheat
don't require selenium
and when these poor farm kids eat these
grains
they get plenty of calories maybe a
little protein but they don't get any of
this mineral
and thousands of them die every month
there's over 300 million people in that
one state there's over 300 million

people in those provinces so
when a couple of thousand kids every
month it's a serious problem obviously
but it's not like it's an epidemic going
through and killing millions and so
per month and so this is one of those
things where
they just sort of learn to live with it
they would supplement these kids with
selenium
and they saved many of them by doing
that so i went there and i said if i'm
correct
and cystic fibrosis is caused by
congenital slim deficiency by deficiency
of selenium during pregnancy
and some of these kids in china and
keyshawn promise are going to have
cystic broach and i took that thought to
a people who were geneticists and people
who
were experts in in a sissy world so they
laughed at me again said well now we
know we got fired you're really dumb
because uh chinese kids don't get cystic
fibrosis is it really
i have autopsies oriental kids and black
kids that had safe fibrosis
and i went to china did one thousand

seven hundred autopsies

one thousand seven hundred autopsies in

this program

and i was hoping for one or three or

five or something like that uh kids with

cysts well it turns out that 35 percent

595

of them had cystic fibrosis out of the

1700.

there was unimpeachable evidence the

slides are still there in the

universities where the work was done

it can be tracked we can redo the study

again we'll have the same result i

guarantee that

sent copies of this published in english

published in chinese

and peer review refereed scientific

journals and guess what

sent them to the sincere bros foundation

never had a response

they should have their non-profit status

taken away from them because every child

is born with cystic fibrosis or dies of

cystic fibrosis

is on their head somebody needs to go to

jail

okay well i got a three for when i did

those 1

700 autopsies because they also found

out the cause prevention cure for
muscular history worked on that for
years actually
worked with the amish communities which
have a very high rate of muscle history
and guess what we're able to support and
promote maintenance repair reverse
master history even their own doctors
said it was reversed gave jerry lewis
um from the muscular history foundation
uh copies of
many of these uh kids reports and their
their records
showing even their doctors said they had
had their muscular dystrophy reversed
he took it to the monstrous foundation
and they fired jerry lewis for insisting
that they look at this seriously they
fired jerry lewis again i believe they
should have their
their um tax exempt status taken away
from them because every time a kid is
born with musculosphere or dies from it
it's on their heads somebody needs to go
to jail
cardiovascular disease we've already
talked about this briefly a congestive
heart failure deficiency of a single
vitamin cardiomyopathy heart disease

keyshawn disease is a deficiency of a
single mineral coronary artery disease
is caused by inflammation eating fried
foods processed means oils microwave
popcorn all that kind of stuff
and then coronary thrombosis is caused
by an omega-3 essential fatty acid
deficiency
none of these cardiovascular diseases is
caused by
what cholesterol or saturated fat it was
a sales campaign to sell crisco
remember procter gamble gave the
american heart association brokered by
amsoil keys
1.7 million dollars to endorse crisco
and demonize
cholesterol records show now that the
heart age of most people in the
industrialized world
including america are older than their
chronological age and men is 7.8 years
older than women 5.6 years old that's
because
of the eating of trans fats and
heterocyclic amines which cause
particular
inflammation in the coronary arteries
and cause heart disease
and this just shows you a map what part

of the continental united states
and the islands of hawaii and alaska
have the highest rates
of heart ages that are far older than
their chronological age here's one of
the bad boys when it comes to
cardiovascular disease microwave popcorn
we're seeing more and more kids
uh we're talking about eight
ten-year-olds three-year-olds
two-year-olds dying of
heart disease coronary heart disease
because what
oh they're being babysat with
microwave popcorn you know parents can't
afford babysitters so they give a bag of
microwave popcorn let them watch tv or
put on a
giggly cartoon movie while they're doing
work in the kitchen
and uh these kids are dead by the time
they're in their teens and early
twenties
microwave popcorn contributes to fifty
thousand heart attacks a year
twenty thousand deaths front page story
in the usa today now the new crisco
of course again demonized by the
american heart association in exchange

for one point seven million dollars
uh procter gamble always trying to
expand their market and what they wanted
to do
was have you deep fry your thanksgiving
turkey and crisco instead of roasting it
like we've done traditionally since the
days of the revolution
the new crisco made to help take the fat
worry out of good eating who put the fat
worry into it
the american heart association by
demonizing cholesterol
and saturated fat of course all this
story came from
two full pages of the new york times and
basically
we're talking about saturated fat does
not cause heart disease
okay and of course this goes back to dr
ansel keys again he was
through his force of will i mean this
guy was one of these bombastic guys he
could pound on the podium and yell and
scream
and people believed him because he was
so forceful and he drove
the use of crisco rather than milk and
cream
and butter and eggs and lard

now in addition to demonizing
cholesterol and saturated fat
they actually looked at making it sexier
to use crisco and so they looked at the
isle of crete and came up with a
mediterranean diet in fact the
mediterranean diet was a fraud it was a
sales campaign to sell crisco
there's no evidence to back up any of
the claims for the mediterranean diet
fried foods trans fats cause strokes
they contribute to the inflammation of
arteries
um that cause stroke if you're deficient
omega-3s and you're eating a lot of
fried foods you're going to get a stroke
if even if you're two years old even if
you're six months old
keyshawn providence in the red here
selenium depleted red area
now you've all heard of sid
sudden infant death syndrome and of
course another failed theory was
doctors said that ciz was caused by the
baby sleeping on their back
what a dumb theory that was they didn't
use the special stains to see
if the sids was caused by
heart disease in fact these kids that

died of sids when they're
two months old two weeks old was caused
by a deficiency of selenium it was
keyshawn's disease
i did the special stains because i'm a
pathologist that looks at those details
and so we actually sued the fda for many
years trying to get selenium into
prenatal formulas
and also into infant formals after the
baby's born
and we had a big fight they didn't like
the idea that this might deal with
genetic diseases like scissor broaches
as much fishy so when we talked about
sids
they signed off on that one they signed
off on that one
let us put it in infant formulas in fact
is required slim is now required in
infant formulas
to deal with sids but through the back
door we're also going to eliminate
muscular dystrophy and cystic fibrosis
because it'll also deal with that so
we had to do a little surreptitious
things there and go through the back
door to get a three-fer
and these are the sort of kids that
would die from keyshawn disease from a

slim deficiency because they lived
entirely on wheat
and corn in a place that had little or
no selenium in the soil
dr fred kern professor of medicine at
the university of colorado
was training a bunch of newly graduated
medical doctors on how to examine
seniors and he found this chart of an 88
year old guy he said come on let's go
examine this guy
goes in the examining room he looks at
him he says is this you he points to the
church he says issue yeah
he says the chart here says you're 88
years old you don't look that old he
says yeah people say i look like i'm 50.
he says what do you attribute your
youthful looks to and you're 88 years
old
and he said i ate 25 eggs a day i've
been doing for 17 years i'm going to do
it for another 100 years well of course
this is not what dr kern was looking for
in front of these students and i i
didn't say it in the article but i
guarantee he sat down he's fanning
himself with his clipboard it's okay sir
why are you eating 25 eggs a day and the

guy stands up throws his chest out
throws his shoulders back and said
because it makes me more studly now you
think about that
when you look at testosterone estrogen
progesterone adrenal hormones are all
steroid hormones and they're 95
by weight cholesterol they're 95 percent
by weight cholesterol
you want a cholesterol-restricted diet
you're taking statin drugs to lower your
cholesterol
there's nobody home anymore you get
erectile dysfunction low t
women go into menopause when they're 35
years old and start getting
hot flashes and night sweats and they
stop cycling when they're 35 40 years
old
they're not making enough hormones you
get adrenal exhaustion
but even more importantly than all that
we had a new disease a new big boy
disease called alzheimer's disease 45
years ago alzheimer's disease didn't
exist even by another name
today is the number four killer of
adults over the age of 65. it's driven
it's a physician cause disease
75 of the human brain weight is the

white matter of the brain the myelin
it's called
myelin it's the insulation material of
the brain and this myelin that makes up
75
of your brain weight is 100 cholesterol
so you want a cholesterol restricted
diet
no more cholesterol in your blood or
very little because you're getting it
down to like 100
with statin drugs you're going to get
alzheimer's disease so in alzheimer's
alzheimer's disease is a a preventable
disease it's a reversible disease
and this is the entire story of
saturated fat and cholesterol
and time magazine don't you look at
ansel keys
on the left part of your screen and
amsel keys here
i mean he even looks like a nazi he was
actually put on the cover time magazine
is the hero who saved the american
cardiovascular
um system by identifying cholesterol and
saturated fat as the evil ones
he was the one that demonized them
cholesterol in the front page of time

magazine

and this is the sort of way this is the

method they use to demonize cholesterol

on your right hand part of your screen

time magazine eat butter

big scoop of butter on the cover and

this is a

article obviously a cover story five

pages talks about

the story with ansel keys and how he

got ponder and gamble to endorse a

diesel engine submarine lubricant

for cooking as opposed to butter cream

lard and eggs in this one

on the right hand side time magazine eat

butter this is from june 23 2014

said scientists label fat saturated fat

the enemy and why they were wrong

you need to read that one and you'll

realize how badly you've been defrauded

by the medical

system in the pharmaceutical industry

the individuals on earth the culture on

earth that has the fewest cardiovascular

events or the inuit eskimos above the

arctic circle no less than a dozen times

a year

there's articles printed in scientific

journals on these peoples and

they're kind of unique they just don't

get cardiovascular disease and yet
90 of their traditional diet above the
arctic circle is red meat and fat eat
nothing but whale meat and whale blubber
walrus meat and walnut bubbler seal meat
and seal blubber bare meat and bear fat
they don't eat vegetables or fruit
they don't eat nuts and grain their
cholesterols run 350 to 500.
they don't get cardiovascular disease
until they come down into the lower 48
and eat like us
salt is not bad salt has two essential
nutrients and it's sodium and chloride
required for all kinds of chemical
reactions inside cells
can't live without sodium chloride and
of course
chlorine is also required to make
stomach acid to keep your stomach
sterile
to help pepsin the enzyme digest
proteins amino acids and help
the castle's intrinsic factor to absorb
b12 also to absorb most minerals
you're going to require stomach acid
you're going to get reflux if you don't
have enough stomach acid to keep your
stomach sterile because yeast and

bacteria will grow in there
and so you need stomach acid to keep
your stomach sterile anybody
who tells you to restrict your salt
because of hybrid pressure
should be put in jail somebody needs to
go to jail here
1982 salt a new villain 2014 salt
doesn't cause high blood pressure
this shows you death rates okay from
heart disease and then of course in
february of 2012
the fda sent an urgent stop email to all
licensed medical doctors in america
it says stop writing prescription for
statin drugs lipitor zocor mebacore
levostatin these kinds of things
and they listed them on that email stop
writing prescriptions for these drugs
stop telling your patients to get on
cholesterol-restricted diets
because if you continue to do this
you're going to increase the risk
of type 2 diabetes by 52 percent and
alzheimer's disease by 100
four months later science news june of
2012
good cholesterol not so beneficial wait
a minute your doctor says it's
everything

of course they say it's not beneficial
and then they went on to say that higher
hdl high density lipoprotein the good
cholesterol high good cholesterol levels
don't reduce the rate of heart disease
or heart attacks
why is that because no heart disease is
caused by cholesterol or saturated fat
remember congestive heart failure is
caused by deficiencies of single
vitamins cardiomyopathy heart disease
caused by the deficiencies of single
mineral
coronary heart disease is caused by
inflammation and thrombotic heart
disease
cardiac thrombosis blood clot in the
coronary artery or brain artery
is caused not by cholesterol and
saturated fat but an omega-3 essential
fatty acid deficiency
margin is the worst type of fat for the
heart and this includes the margin
that's in between the chocolate cookies
and oreo cookies and here's the front
cover story fda
to trim trans fats out of food and i
thought they were too lenient on the
people who had trans fats in their foods

they manufactured they gave them three
months to do it that's 90 days
when you have so many thousands of
people dying from this or young kids
dying from this
somebody needs to go to jail let's look
at athletes real quickly
exercise is thought to be a very very
good thing it can be
done properly but let's look at
professional athletes look at amateur
athletes
and let's look at their average lifespan
let's look at how long they live jim fix
the darling in the medical world because
he said you don't have to supplement
all you have to do is run and you'll
keep your arteries clean
he died at 52 while he's running his
protege his top student brian maxwell
from canada
died at age 51 while running he had 12
gold medals
in long distance running three of which
were in the olympics
an exercise is supposed to be good for
you and of course the darling of the
medical system for exercise was jim fix
he was a long distance runner he was a
professor of economics in one of the

ivy league schools and he was the
darling of the medical world because
when he was interviewed on tv and asked
if he took any vitamins minerals he says
no you don't need to do that don't take
any vitamins minerals
just run you'll keep your arteries clean
well he dropped dead while he was
running
a marathon at age 52 and so uh his
theory didn't work it was a failed
theory
his protege brian maxwell from canada
died at 51 while he was running he had
12 gold medals for long distance running
three were in the olympics
and he invented the power bar and he
sold the rights to the power board to
nestle's
corporation and uh three months after he
received his three million dollars he
drops dead during a run
cardiomyopathy heart disease a
deficiency of a single mineral just like
jim fix
now because of this the journal american
medical association did a literature
review
um and which was published in december

of uh 1982.
in september of 1982 jim fix died
and they did this literature search
because he was their hero
and they were just really freaking out
because here we are our hero dies of a
heart attack while he's running
and um they published it as a kind of
letter to the editor thing
in the uh german american medical
association in 1982
also they published it later on as an
abstract in running world
or runners world magazine they said
while running
a man's risk of heart attack death
increases by 700
while running increased by a factor of
700 percent
now that shocked everybody because they
thought exercise is good well when you
take all professional athletes of all
sports
combined and you look at them from an
average lifespan their average lifespan
is 62. when you take out professional
football players their average lifespan
is 51.
there's never been a professional
athlete ever lived to be a hundred

so what does that say to you about
exercise there's something problematic
about exercise
it's not what it was led to you to
believe it was
so what's going on here is when you
sweat you're not sweating out water
sweat is not water
but yet athletes will go to great
extents to rehydrate using water
or they'll drink these sports drinks
that have two nutrients and or six
nutrients
and as a result they begin to break down
they'll get torn cartilage in their
knees they'll get cor
torn cartilage in their hips they'll get
torn muscles torn tendons or achilles
tendon
they'll get cramps we get all kinds of
stuff and they have to get taken off the
field on the stretcher and so on and
then some of them die
okay because they're sweating out all
the nutrients floating around their
blood
if they're not supplementing they may
only have 55 or 60 nutrients which are
sweating out if they're supplementing

they may have 90

but if you're not supplementing and

you're exercising you're in real trouble

okay reggie lewis

captain of the boston celtics collapsed

during a playoff game with charlotte

harness

he survived that first cardiomyopathy

heart attack and he was given a drug

to kind of support his heart function

and he was told to do light exercise

like throwing free show

like throwing free throws from the free

throw line on a court

and two weeks later after his initial

attack he died of a second

cardiomyopathy heart attack

if reggie lewis had been given 10 cents

worth of selenium he'd still be alive

today

as he died of a simple selenium

deficiency disease moses malone nba hall

of famer dies at 60 of a cardiomyopathy

heart attack

rowdy roddy piper dies at 61 from a

cardiomyopathy heart attack

this fellow here a cardiologist and a

soccer star in brazil

drops it at age 57 from a cardiomyopathy

heart attack

so why is it the strangeness exercise is
unhealthy is because you must supplement
to replace all the nutrients you're
sweating out
very that's simple obesity
as we pointed out in the beginning is
not due to eating too much lack of
exercise obesity
is in fact a simple nutritional
deficiency and there's no end in sight
for the obesity epidemic because those
nutrients are disappearing from our food
faster and faster the symptoms you get
from that deficiencies are cravings
binge eating and the munchies
experts tell us that 70 percent of our
kids under the age of 12
are overweight 40 of our kids under the
age of 12 are obese
30 pounds or more of their ideal weight
for their height this has nothing to do
with eating too much or lack of exercise
this is caused by nutritional deficiency
totally preventable totally reversible
quite quickly to half a pound to two
pounds a day
this is a kind of a false story
this is a false flag attack so to speak
i guarantee this little baby who's under

two years of age is not
eating super-sized bags of french fries
not going to happen
but he is obese and if he was eating
these french fries and continue to eat
them from then on the odds are he would
die of a coronary artery disease
at age 10 or 12 years of age because of
the trans fats heterocyclic means the
acrylamides
in the french fries he's obese because
he's deficient in nutrients
now this is everywhere usa in 1920. this
is when they began the theory
that lack of exercise and eating too
much was the cause of obesity of course
these girls are getting a lot of giggles
here
but this has nothing to do with their
cause of obesity or their
repair for themselves or getting rid of
their obesity they're going to have fun
they're going to waste some time but
they're not going to solve their
problems here it's a nutritional
deficiency problem
here's a mother in brazil who ate 20
bath sponges with soap suds
and skin dandruff in it as well as
the the parrot droppings as well as the

sand in the bottom of the parrot cage
because she had such crazy cravings of
course pregnant women are legendary for
gaining baby fat
during pregnancy that's because they're
missing nutrients because the embryo is
stealing nutrients some of them faster
than they're getting them themselves
and this is ivan of course met him
about three years ago and ivan weighed
423 pounds when i met him he lost on our
program
with our supplementation and nutrients
lost 17 pounds in the first week he lost
60 pounds in the first 30 days as two
pounds a day
and he dropped down from 400 pounds 165
pounds in seven months and two years
later his picture's on the right
and um he of course two years later is
still
looking good and hasn't gained back a
quarter of an ounce
and this is because this is a simple
nutritional deficiency you take the
nutrients it goes away you take the
nutrients you don't get fat
just as simple in horses the
the behavior called munchies is called

cribbing you see here
the horse is not even in that stall in
the barn is a hearthstone buggy amish
farm and
just south of fort wayne indiana and uh
the buggy is bringing the babies with
musculosphere late and being a physician
and a veterinarian and i said well if
there's a barn can't go look at the
animals
and sure enough there's a cribbing
evidence there so i knew that that
horse in that barn was deficient
deficient in minerals
you give them minerals and it stops you
give people the right minerals
and the obesity goes away it's just very
simple osteoporosis and arthritis
simple mineral deficiencies simple
vitamin deficiencies
it's not a complex disease at all it's a
simple nutritional deficiency every
tissue in our body
every argument or body wants to go away
it's kind of like sand on a beach or a
paint on your house
over time getting beat up from the
weather and the temperature changes and
so forth
what happens is is everything goes away

well if you're not taking in the raw
materials to maintain it like paint your
house every year
right that kind of thing change your oil
every 3000 miles you're going to have
problems and arthritis and
talking about the coming epidemic of
arthritis that's because we no longer
have
the right nutrients in our food anymore
we'll get into that in a moment now
colas are linked to bone breaks
fractures
because when you take in calcium for
your bones and often times doctors will
do that you just give people calcium
you need all 90 essential nutrients for
bone health but
if you're going to take in calcium along
with the other nutrients
you have to have the right ratio between
calcium and phosphorus there's got to be
two calcium
for one phosphorus if everything's going
to work well if you drink coal is even
diet colas regardless of what brandy
cola it is
guess what you're going to have four
phosphorus for one calcium

and that scenario is going to leach all
the minerals out of your bones
and that's why you find a lot of young
athletes get fractures just running down
the field because they're drinking lots
of colas
calcium deficiency causes kidney stones
the first thing a medical doctor will
tell you is
stop eating dairy and for goodness sakes
don't supplement with any calcium when
in fact
calcium deficiency is the cause of
kidney stones what happens is your
parathyroid glands don't like that
they reach into your bones and they suck
out minerals particularly calcium
and that calcium that your parathyroid
gland is pulling out of your
bones raises your calcium level your
raises your calcium level in your blood
as well as causes
kidney stones failed medical theory
popular osteoporosis drugs are linked to
hip fractures why is that you know 1 800
bad drugs
why is that because they were phosphorus
too much phosphorus not enough calcium
and it causes
demineralization of your bones another

failed medical theory big surprise
another failed medical theory is that
osteoporosis is caused in women
when they go through menopause because
they don't have enough estrogen to keep
calcium their bones that's an absolute
lie
it's not true men actually get
osteoporosis at a faster rate than women
more seriously and faster you see all
these little old guys with canes
wobbling around in the in the um
malls and airports and shopping centers
and grocery stores and so forth
they have osteoporosis and of course
this is a failed theory that women got
it and men didn't
because women went through menopause had
reduction and lost their hormones
that was a nonsense absolute criminal
theory and somebody should go to jail
for that one because they killed so many
men
who fell and had hip fractures when they
should have been on mineral supplements
to prevent that
this young fellow here the prince of
dubai sheikh rasheed died at 33 while he
was running you can see he's a very fit

young fella
a runner played soccer played rugby
and he was held up as the kind of
fitness guru and
dubai kind of leading the country in
their health
he was also the guy who's going to
become the king when the king died
and he drops it at age 33 while he was
running cardiomyopathy heart attack a
simple deficiency
of a single mineral and so hopefully
we're going to divide
and to teach the people there that they
have to supplement no matter how wealthy
you are
you still need to supplement to make
sure your tissues are receiving
everything they need
terrible tragedy terribly unnecessary
andy young from the civil rights
movement also he is the ambassador
united nations under jimmy carter he was
the mayor of atlanta for a couple of
terms
and he called me from san diego to come
to atlanta
in his home and speak to him because of
my work
in sickle cell anemia not being genetic

and we were talking about that and i
noticed he was limping i said with all
due respect mr ambassador why are you
limping he said well i got bone to bone
arthritis both my knees
and um i'm scheduled at emory university
the group that fired me for my cystic
fibrosis research
to have a double knee replacement i said
sir with all due respect
i can regrow your cartilage i can
support and promote maintenance repair
by supplementing with a program we call
the healthy bone joint pack
he said well these are the best surgeons
orthopedic surgeons in the world and
they say can't they say well sir with
all due respect they're liars
okay we can in fact support and promote
mainstream repair and you will regrow
your cartilage
and he didn't want to have the surgery
so he canceled the surgery and let me
rebuild his knees in 90 days we rebuilt
his knees and we became very good
friends
and we do lots of great things around
the world together
one of the things he did was introduce

me to this young lady alicia jones
she was the center on the u.s women's
olympic team that had won two gold
medals
in the olympics the basketball team and
getting prepared for their third run at
the olympics
she tore her hamstring and achilles
tendon on the right-hand side
and the surgeons were going to put her
together said delisha you know we can
put you together mechanically but you
might not play at the same skill level
because of these injuries are very
devastating
and you might consider coaching well she
didn't like that she went to andy young
and he referred her to me
again using the healthy bone and joint
pack we're able to
support and promote maintenance repair
of the muscles and the tendons and
ligaments
and cartilage regrew her and they went
back and won their third gold medal
and this is me giving hernamard a
certificate for sharing her story with
other athletes
and i often wonder why do women who are
six foot five wear eight inch heels

okay knee surge of arthritis is
worthless this was a study from harvard
medical school
published in new england journal
medicine this was july 2002
and this is where we like to refer
people
they looked at 300 000 sets of records
from people who had
knee replacement hip replacement
shoulder replacement surgeries
they found out that the disease just
kept getting worse and worse and you had
to replace that device every couple of
years
because the bone would get thinner and
thinner and actually might tear and
rupture and break
and so they said ultimately knees
replacement surgeries
rise hip replacements and shoulder
replacements are worthless and so
you know give us 90 days with a healthy
boner joint pack and let us support and
promote maintenance repair and see what
happens you're going to be very happy
because
by supporting and promoting mainstream
pair we can support and promote re

repair and reappearance and regrowth of
that cartilage no matter what your
doctor says it's doable
four years later november 2006 that same
group of orthopedic surgeons from
harvard medical school
looked at the same 300 000 records but
this time they looked at the backs of
these same people
they said back surgery unnecessary for
sciatica
low back pain for things like
peripheral neuropathies and so again
we can support and promote maintenance
repair with the
what we call the healthy bone joint pack
it has all 90 essential nutrients in it
and gives the body the raw materials it
needs to support and promote
mainstream repair diabetes there's an
epidemic right now
in the world it's doubling diabetes is
doubling almost every year
now in america right now in america 30
percent of americans either have
diabetes or pre-diabetes
is breaking us financially is breaking
the american medical system
financially okay it's breaking our
country financially

is one of the big contributing factors
to the national debt of almost 19
trillion dollars is type 2 diabetes
why is there an epidemic because there's
none of this mineral in the soil
remember it's a deficiency of a single
mineral we've known that for almost 80
years
the big story to show you it's not a
genetic disease goes to the pima indians
and above the line where the line goes
through the pea
and underneath the eye under pima you
see a big yellow band looks like a big
yellow banana there in the eastern
part of mexico but above that line that
goes through the pea and underneath the
eye
you'll see it's the same genetic pool
that whole yellow area above that line
which is the
border for arizona between arizona and
mexico mainland of mexico
and below that border you can see that
big yellow swath that is the range
of the pima indians they're the one of
the few native american tribes that did
not
inter-mix with other indian tribes they

did not intermix with the released black
slaves
after the civil war was over they never
intermixed with the explorers from spain
and portugal and france and germany and
so they're almost pure
same genetic pool across the american
border on the american side and below
the american border the mexican side
and here's a couple of pictures of the
pima indian same genetic pool now
remember this
exact same genetic pool the group of
young men on your left are pima indians
are typical of those in mexico they're
tall and slim
they live in a third world country
situation
don't have any of the amenities of the
western world
uh they're still using horses or plowing
and
wagons and whole stuff around drawn by
horses and
they look pretty good the ones on the
right are above the
border in america in arizona you see
they're all obese even the children are
obese
and they have their vans and their

pickup trucks and so forth they all work
in factories
instead of being subsistence farmers
like the ones in mexico let's have a
look at the rate of diabetes
the mexican pima indians have a rate of
type 2 diabetes
of 6 the american pima indians which are
written up as the culture in america
that has the highest rate of type 2
diabetes
46 the average american rate is
considered like 33 percent a third and
so
they are 30 higher than that 46 percent
now
we know it's not genetic because it's
the same genetic pool so what could it
be well we know it's a mineral
deficiency but why
there's a thin line going between those
two peoples and yet there's such a
difference between them why
is this you'll see in just a moment
again diabetes cases double kids are
being born with type 2 diabetes now
not only type 1 diabetes but they're
being born with type 2 diabetes and
here's a three and a half year old

okay from houston and she's
three and a half years of age but she
weighs as much as a 10 year old
and she has type 2 diabetes more blacks
lose legs to diabetes than whites this
is one of those things
where the black jean book comes in black
gene lies
more blacks are late to diabetes than
whites why is that it's not a genetic
thing
is because the medical system has been
able to capture
the black community and tell them that
all their diseases are genetic and if
they stick with the medical community
the medical doctors will save them from
their genetic diseases and so whatever
the doctor says they don't question it
they don't get a second or third opinion
they just do what the doctor says and
the doctor abuses them financially as
well as kills them early
this fellow here jerry murphy owns one
of the largest medical
diagnostic labs in america um gamma labs
gamma labs and he had terrible type 2
because he was running
well over 200 his blood sugar running
well over 200 his a1c hemoglobin was

like
9 or 12 instead of 5 or below and make a
long story short
we made a wager because we had a mutual
friend who said i could help him with
his diabetes
and he's very skeptical of course
working with the medical community and
he says look wally
we'll be best friends we'll do a lot of
good things for america together if you
can
do what you say if you can't i will
destroy you
i'm gonna make a cd i'll have bounty
hunters pass them out
everywhere you go and i will dog you
until you're destroyed
if you fail is it okay jerry you're on
he's quite shocked that i so quickly
said okay let's do it i'll make a long
story short in three months time
his a1c hemoglobin was below five and
his blood sugar was down to like
90 or been running 240. okay
and he's now totally diabetes free he's
a wonderful friend and we just
love him to pieces because he does great
things for us too

cancer is not a genetically transmitted
disease it is a self-inflicted disease
everything you do either prevents cancer
or causes cancer
and so let's have a look doctors and
researchers they're so interested
because of such a horrible disease they
want to run in and get the cure right
away
and they fail every time to find the
cure the first prevention
research was done and published in 1912
it was on the benefits of selenium in
preventing cancer
they published it in popular mechanics
magazine now why did they publish
something like that in popular mechanics
magazine that's because
they brought it to all the medical
journals of the day and they wouldn't
they wouldn't
publish it that's nutrition we're not
interested in that that was 1912. well
in 1998
the university of arizona redid the same
study
redid it got the same exact results
showing they could reduce the risk of
prostate cancer by
65 69 you reduce the risk of breast

cancer by 32 percent reduce the risk of
colorectal cancer
by 95 by supplementing with selenium
publish it in the annals of medicine
which is a very well-respected medical
journal
high fiber diets don't cut colon cancer
rates that's another failed theory
bacon ham sausages are big cancer threat
equal to
smoking and working in an asbestos
environment
now i've been yelling about this for 45
years since i did those autopsies in the
center for the biology of natural
systems
and the world health organization two
weeks ago made the announcement the
world health organization will publish a
report on monday which is two weeks ago
on the dangers of eating processed meats
the world cancer research fund
has warned for several years that there
is strong evidence that consuming a lot
of processed meats cause
consuming a lot of processed meats such
as ham bacon and salami
increases the risk of colon cancer and
many other types of cancer okay

they also say that it probably i'm
quoting them now probably
all red meat causes cancer that's not
true it's how you cook the red meat
okay we'll be a factor this is a study
published in
1998 from the university of south
carolina
and they were working on the harvard
nurses health study 90 000 versus 20
years and their piece was to evaluate
the rate of breast cancer in women and
how they cook their food
okay they're getting down into that area
of interest
well they found out that the women who
cooked their meat very well done where
the fat was
severely browned or burnt increased
their risk of breast cancer by 462
percent
the ones who cooked their meat medium
rare and the fat remained white
reduced the risk of breast cancer by 462
so that's a 900 percent
difference between the most extreme
you're going to get it to the most
extreme you're not going to get it
and what a wonderful thing just how you
cook your food determines whether you're

not going to get breast cancer or not
and then there was some wonderful
research by dr gerhart schrouzer great
biochemist from
university of california who showed very
clearly that you could reduce the risk
of breast cancer
by 82 percent just by supplementing with
200 micrograms one-fifth of a milligram
of the trace mineral selenium remember
he said mammograms are not prevention
and they're dangerous because one
mammogram has a radiation equal to
500 chest x-rays also we find out that
this is very recent in october of 2015
61 61 of all
positive mammograms are nec are
false positives and they say you know we
just
this is too complicated here so we have
to have a biopsy get a biopsy you know
this is unequivocal but we're concerned
and so let's air out let's
take the breast off and do radiation and
and um
chemotherapy so they get
they're hit in they build an insurance
company or medicare medicaid for a
couple hundred thousand dollars the

doctor is happy

kills the patient hot dogs cause butt

cancer this is directed towards kids

these are highway signs you begin seeing

on the highways around america genetics

have nothing to do with cancer have

nothing to do with cancer

eating fried foods processed meats from

nitrates and nitrites

cause the problems arsenic

is known to be an essential nutrient

since 1947

1947 and today even the

medical school at the new york

university proved

unequivocally that they could put

people with acute promoted sick leukem

the most vicious the most aggressive

type of leukemia

into remission in just a couple of

months and 10 12 15 years later they're

still in remission

they didn't want to call it a cure

because it's a essential nutrient

steve jobs dies of 56 satur

awata ceo of nintendo dies at 55 his

parents buried him at age 55.

dementia there's five different types of

dimension there's no law that says you

can't have all five

vast year dementia arteries are clogged
in your brain same way they're cloudy in
your heart
and your kidneys alzheimer's disease a
cholesterol deficiency
course cough syndrome a deficiency of a
single vitamin wernicke course cough
syndrome
which is the deficiency that single
vitamin and
also ms mixed in with it multiple
sclerosis
vitamin b12 deficiency dementia you can
have all five of these at the same time
okay now remember alzheimer's disease is
caused by
a cholesterol deficiency
it is not genetic not caused by aluminum
this is my favorite slide on alzheimer's
disease the mother is 82 years old the
sun's 58 they both have alzheimer's
these are both in the same
nursing home they both have the same
doctor they're on the same
cholesterol-restricted diet they're on
the same statin drug prescribed by that
doctor
the doctor also owns the nursing home
they're at

you should be getting a picture here
somebody needs to go to jail
this came out in 1992 and this is one of
the reasons that my original audio
cassette tape did document lie was so
controversial
vitamin e memory loss and alzheimer's
victims and i added a prepositional
phrase when i read this this was
research from the salk institute in the
university
of uh california san diego vitamin e may
ease memory loss and alzheimer's victims
which means it cannot be genetically
transmitted
because there's no vitamin there's no
pharmaceuticals can affect how a
a genetic disease manifests itself
two years later um the johns hopkins
school of medicine very famous very well
respected in baltimore maryland
uh went to the cache valley utah and
they found five thousand people over the
age of 65 who had no dementia no serious
disease heart disease high blood
pressure kidney disease
nothing and so they found them they put
them on two
vitamins vitamin c and vitamin e because
they were excited about this vitamin e

story that came out two years earlier
and 10 years later
again they had half these 5 000 people
on this supplement and the other half
they put on a dummy pill
at the end of the 10 years 2004
they opened up the envelope and undid
the the
map and the ones that got the vitamin c
and e
had 78 percent less alzheimer's disease
now they all ate the same way because
they're all from the same
culture they all came from scotland all
these five five thousand people
came from the same religion they were
mormons they
read the book of mormon they were also
using
the supplement called the words of
wisdom which tells them what to eat what
nati kind of like the jewish kosher
approach and so there's more to it
than just those two vitamins also uh
they were all
um subsistence farmers much like amish
very very
basic very conservative farmers only ate
what they grew no restaurants or hotels

in their

in their valley where they lived and so

we actually had an analysis done

on the floor of that entire valley we

know all the mineral veins and

everything what's in there

and so in the book epigenetics it goes

into great detail why these people

had such a wonderful reduction in the

rate of alzheimer's disease just by

supplementing those two

vitamins vitamin c because they enhance

the value

and function of other things that's why

type two diabetes has got to be genetic

because we have three generations of

type 2 diabetics in our family

no that's not true have you ever heard

of gluten intolerance gluten intolerance

is generational it's not genetic it's

not an allergy but it is generational

and it causes eczema dermatitis of all

kinds

belly problems belly pain headaches

all kinds of nasty stuff celiac disease

appendicitis diverticulitis irritable

bowel syndrome inflammatory bowel

disease crohn's disease asthma

chronic bronchitis pneumonia every

winter time eczema rosacea

dermatitis psoriasis infertility it can
contribute to
a thousand other diseases because these
other diseases are nutritional
deficiencies
and gluten intolerance changes the
efficiency of absorption out of your
intestines
if you can't absorb the nutrients you
have a problem but let's say
let's talk about type 2 diabetes and you
only have 2 percent of the mineral you
need to prevent diabetes in the soil
where you're living you're eating
from local farmers markets
and now you have a gluten intolerance
you only have 10 percent of your
availability of absorption so what's 10
or 2 0.2 percent
you're going to get diabetes has nothing
to do genetics
and here is the villa those little red
finger like projections on the left hand
side of your screen
and these villi increase the absorbent
surface of the intestine
here's a study on white rats on your
left hand side are the healthy villain
you can see the little villain there's a

microscopic picture obviously
the normal ones you can see all the
increased surface for absorption
in the middle picture those same group
of rats were put on
a heavy gluten diet for six months you
can see
the loss of the villi and the scar
tissue beginning to form in between them
on the right hand side it's a year of a
heavy gluten diet and you look at all
the scar tissue they've lost almost 100
of their villi and the intestinal lining
is replaced
with scar tissue how do you absorb
nutrition through there you can't and
this is what gluten does to you
it's kind of like putting poison ivy on
your skin you get a contact dermatitis
with gluten you get a contact enteritis
okay inflammation intestines caused by
this protein which is very very
irritating okay now the nice thing about
this is
if a ten-year-old kid or a
three-year-old kid or a six-month-old
kid gets on a gluten-free diet
in a couple of weeks time you're going
to see a dramatic benefit particularly
if you're giving them the 90 cents of

nutrients
let's say somebody in their 20s and 30s
and 40s gets on a gluten-free diet
within a month you're going to see
something dramatic in a positive way and
it might take them a full year
to repair people who are in their 50s
60s 70s and 80s
been eating gluten five times a day and
oatmeal for breakfast every day drinking
a couple of beers every friday night
and having bread and pasta and crackers
and gluten and whole grains all the time
it might take them two years to get a
return to normal on a gluten-free diet
but they might show
some dramatic thing you can see is a
benefit within maybe six months
it just depends on how long and how
severe the gluten damage is
here's a perfect example little you see
on your left was born with eczema and
asthma his mother was born with the same
eggs and asthma she's 28 years old when
she delivered him
she had three miscarriages and she had
the same eggs and asthma
and she's breastfeeding him so we gave
her a

gluten-free diet we put her on the 90
center nutrient 60 minerals 16 vitamins
12 amino acids 3 fatty acids
and two weeks time her asthma and eczema
she'd had for 28 years went away
in the same two weeks you see in the
middle there
his asthma eggs went away in two weeks
time because he's getting all his
nutrients through his mother's breast
milk
now the interesting thing about this the
pediatrician who's caring for him
the only thing he told the mother was
here's some hydrocortisone cream rub it
on his skin to prevent the itching
and also i told her to clip his
fingernails and put mittens on his hands
so he wouldn't scratch himself in asleep
well here he is on the right at two
years of age and you can see
how happy he is you can tell by looking
at him he doesn't have asthma
and eczema we see this all the time in
kids and the ones on the left
have their eczema dermatitis psoriasis
and the ones on the right they've been
without
gluten for anywhere from a month to six
months and

they're getting the 90 cents of
nutrients you can see the difference
very dramatic
this lady was this way for 23 years her
dermatologist made three million dollars
treating her for 23 years and of course
in 90 days gluten-free diet 90 essential
nutrients this is all reversible
longevity one in five americans are
disabled 20 percent of americans are
disabled
we're supposed to have the finest
medical system in the world we don't we
have the
most expensive medical system in the
world but it's problematic
remember that 85 of all personal
bankruptcies in america are due to
medical bills it just shows the
prevalence it's the same pattern
in the continental united states it's
always the south um
eastern states it's always the um
atlantic border there we run up and down
the atlantic ocean
and also the states around the great
lakes also the southwestern states and
up in the northwest where they have
indian tribes

is the worst of the worst when it comes
to disabilities here
okay and this is cancer here's one a
little bit of departure
the state that has the worst cancer rate
is kentucky
and of course the reason why they have
such terrible cancer is there's very few
of the minerals
in the atlantic seaboard there's very
few of these minerals in the south
of eastern part of the united states the
old confederate states and the indian
reservations out west
there's one particular state they fry
everything kentucky they fry everything
it's rumored they fry water and that's
why they
have such a high rate of cancer life
expectancy the red yellow and orange are
the shortest live and the ones in the
blue
uh counties or the long sleeve people
there's a 25 year difference
between the longest lived people and the
charleston people in america is simply
because
of the mineral supply in their soil
where their food is grown and
whether or not they fry food the ones in

the blues don't fry food and the ones in
the reds and orange and yellows do
west southwest west of mississippi river
indian reservations old confederate
states
in the southeastern part of the united
states and eastern seaboard same thing
for males
statin drugs speed up aging process
women go through menopause in their 30s
low t ed in males regardless of age
alzheimer's disease we're now finding in
30 year olds and 20 years old
because it has nothing to do with age
nothing to genetics it has to do with a
cholesterol deficiency if you're very
very good
like vegetarians vegans who are really
driven
to stay away from uh animal products and
cholesterol
and saturated fat and they take satin
drugs many of them not all but many of
them
and they're the ones who have a high
rate of alzheimer's disease
and hormonal problems so i urge
everybody to get a hold of these books
black gene lies epigenetics immortality

and rare earthen cures and you'll learn
why the top 20 longevity cultures
live so long what is there what are
their secrets they have 23 common
threads
and of course i'm going to show you what
i believe are the more important ones
after this
after these pictures but i want you to
look at immortality look at the cover of
that book i want you to look at the
top picture above that yellow line just
below the neck of that
statue there it's a fire i want you to
pay attention to that fire because
this is very very important and why the
top longevity
culture the top 20 longevity cultures
are all third world cultures
calorie restriction diets these same top
20 longevity cultures
only take in 600 to 900 calories a day
not because they know the
the science they're illiterate they're
they're third world cultures
but they're so poor they can only afford
600 to 900 calories a day americans take
in 2 500 to 4 000 calories a day
this fellow here george francis died 112
in december of 2008

was the longest lived documented man in
america
he lived considerably longer than
19 presidents he lived through whose
average lifespan was 75.
the doctors who cared for these
presidents documented their average
lifespan came out in 1999 in a big study
published in medical journals
is 56 exactly half of the the years that
george francis got
now he lived in a a house it was a cabin
his great-granddaddy built during the
slave days
a pot belly stove dirt floor was a
crawdad fisherman and fisherman sold
those things to
restaurants cajun restaurants and
he lived behind twelve double the
lifespan of medical doctors who took
care of president so what was the secret
when he died his daughter was asked by
the reporters and his daughter
daughter's reading the newspaper to him
there
the daughter said when she was asked
what did your daddy do to be 12. she
said he broke all the rules of healthy
eating

he cooked and lard and ate butter and
cream and eggs
in fact she said his entire diet
was dairy products eggs and large
sandwiches
also on the right hand side you see the
russian mismalof
168 years of age is a very famous
picture in the national geographic
where he is working in his tea
plantation
and also listening to a transistor radio
at 168 years of age
a man from syria died at 133 years of
age
now geographic cover may 2013 this baby
will live to be 120.
look at the grammar this baby will live
to be 120.
she's from the decline peninsula on the
pacific coast of costa rica in central
america
one of the poorest of poor countries and
cultures on earth
okay these are the laws of people in the
western hemisphere
what's going on here why do they have 40
times 100 as we do why do they have
100 250 of their population we americans
only have 100 over

10 000. this fellows from bolivia the
second longest lived culture in the
western hemisphere
he's putting llama manure in his wood
stove there's a high-tech kitchen
he's 102. this fellow here is from
florida when he turned 101
he actually got a hole in one on his
101st birthday we need to find out what
he does and make sure that
tiger woods gets the information these
the longest lived people on earth the
hunzas
from the hunza valley in the karakoram
mountains that separate northern
pakistan from china
they're the longest-lived people on
earth they live at 13 000 feet elevation
and their descendants of alexander the
great
when he moved east from
greece after he won all the battles
there he moved east
towards china and of course having
babies along the way
these people live at 13 000 foot
elevation you see they're obviously
third world
and they live in what we would call the

land flowing with milk and honey
the gilter glacier which is about a mile
wide at 13
000 foot elevation okay the water that
comes out from underneath the gilter
glacier looks like milk because the
glacier is grinding up limestone
and so the limestone powder comes out in
the water it looks like milk
and bees love minerals and so there's
lots of bees there
the land flowing with milk and honey
this is biblical this is a biblical
location this is where people did well
they were successful in business they
were healthy they lived a long time
had healthy children in okinawa it's not
all okinawa's live well
or long there's only a very small group
of people up in one mountain on the side
of one mountain
they live to be an average of 85.
everybody else lives to be 52 to 60. so
it's not all of okinawa that lives well
it's just one little subculture now the
reason is of course we'll get into in a
second
we spend a lot of time with this fellow
here mr taguchi who's 102 years old
and he lives in this little subculture

up on the side of this mountain and so
we know exactly
what they do to live so long and here's
the oldest
gal up there she's a pop star she goes
around the singing group
and she's a lead singer in a singing
group singing pop songs
and you can just tell by looking at her
her energy is just tremendous
she's from the island of kohama in
okinawa in the last 300 years this is
the longest lived
of um humanity that's documented
dr yun ching yun li and chinese always
put their last name first so
ching yun li died at 256 years of age
was born in 1677 died may 6 1933
and he lives in a place that is rich
with rare earths
in laboratory animals rare earths double
the lifespan of laboratory animals
compared to the control group
okay we use them in electronics we know
they're very valuable for electronics
but also
they're required uterbeam yitrium
neodymium procedure
europium and samarium and of course

they're all in the nine essential
nutrients in all 60 essential minerals
we need water for life we need oxygen
for life you need the 90 cents of
nutrients for life
your dna rna your genes your telomeres
little end caps on your chromosomes
will fail without these nutrients you
have to have them every second every
minute every hour every day every week
of every month of every year otherwise
you're going to have problems
it's just that simple you cannot live
without them you need 60 minerals 16
vitamins 12 amino acids 3 fatty acids
you have to have them your genes your
dna rna and telomeres must have these
things otherwise
you have the greatest genes in the world
but they're not going to perform this is
when i first
understood epigenetics
epigenetics has replaced genetics when
it comes to
the understanding of disease and
longevity
this is a study we did at the saint
louis when i was doing all those
autopsies back in the 1960s and 70s
and ended up in that book which is in

the smithsonian institute the disease of
exotic animals
and monsanto gave the st louis zoo
because we're in the newspaper all the
time because of these studies going on
gave the saint louis zoo a a timed
hydro hydro ponic unit
these big racks with all these trays and
had seeds from barley grass and
on a timer with water and fertilizers
and we
would be able to harvest this like
weekly it's just wonderful for the zoo
animals eating dry food and hay all the
time no green grass
it's really a wonderful thing and
perkins who
was from the um st louis zoo obviously
in the um the tv show
okay mutual omaha's wow kingdom uh said
okay while i could find out
of what real value is this hydra is it
just fun for these animals or we just
you know waste their time or is it
useful for them
and so i was able to steal eggs from the
same mother father
common mallard ducks farm ducks i stole
100 eggs or a period of three months put

them in the refrigerator just like you
put human frozen embryos
in the freezer just put in the
refrigerator when i had 100 i divided
them into four groups of 25
the first group of 25 i just gave
lettuce for six weeks
the second group of 25 i gave
nothing but the hydroponically grown
barley grass
and you can see it's about 10 15 maybe
even 20 bigger than the ones that just
got the lettuce
the one in the middle with the um
little little scale or the little ruler
on it received the ralston prena
laboratory duct pellets see it's double
the size of the other two
but the one that really got optimal
amounts of every nutrient needed to
maximize its genetic potential for size
and strength and everything it can do
was what they call the huey group it got
both the
pellets the alfalfa pellets from raw
semprina and the barley grass
look at the difference they're the same
exact genes same mother father
incubated at the same time and so
there's no doubt that this is an

epigenetic story here
in that study the center for biology of
natural systems we eliminated 900
different diseases and animals which
still
plague people because we realize there
were nutritional deficiencies we
increased the nutritional
supplementation of zoo animals and
eliminate all the diseases
and of course this is what saved the
panda the pandas were down to just maybe
a dozen pans left in zoos and about
right all die
out and then suddenly we heard about
ling ling
right suddenly he had all these other
baby pants what's happening
i finally got to do an autopsy on one of
them and it was just starving to death
because they're feeding it nothing but
bamboo
and so i said let's give them some dog
food oh you can't this is an exotic
animal you can't give them dog food so
we gave them dry dog food
and now we have more pan as we know what
to do is they got to give them birth
control

okay we tripled the lifespan of animals
with this information
and basically if you look back 60 years
ago an old dog was eight years old and
an old dog is 25.
in the same time span
we humans have added two or three months
to our lifespan we didn't triple it like
we did for animals because we're using
drugs and we use
nutrition for animals we eliminate every
birth defect you can name and ten times
that many can't in animals
by supplementing preconception and i
urge everybody i urge everybody
when you're getting a couple that's
dating strong
a couple is getting engaged or a couple
is getting married do not give them
a gift card do not give them monogrammed
towels
do not give them a linen set to start
their household give them the 90 cents
of nutrients
and then you won't be a grandmother
babysitting a special needs child
how did rich people get their minerals
back thousands of years ago
they would give them grave robbers big
bags of silver and gold

to get mummies and bring them mummies
they grind up the mummies into mummy
dust and they would use mummy dust as a
condiment like salt and pepper on their
food
they're getting the minerals from the
mummies bones and skin and vitamins
from their livers and so forth they did
get some supplements that way and they
lived longer and healthier
now obviously people who are slaves and
and subsistence farmers and people who
are just
carpenters couldn't afford big bags of
gold and silver to get mummies
where'd they get their minerals well
scientific american did a wonderful
story
on why people began to live longer were
healthier were smarter
did things invented language and so
forth invented
writing and they said it was all the
cause of cooking food it all happened
when
food began to be cooked that's exactly
right but it wasn't because of the
cooked food but it began
when food was cooked but not because of

the cooked food now what was the
universal fuel
three four five thousand years ago would
no matter where in the world they burned
fuel for heat for cooking for defense
whatever it was
the fuel is always wood and what did
they do with the wood ashes every
morning they throw in the recycling bin
to save the earth where did the wood
ashes go
it went into the garden wood ashes
aren't ashes 95
to 98 of the wood ashes are really
minerals if the trees sucked up by the
ground when you burnt the wood
that powder that's left is minerals
sometimes a little gray or black because
there's some carbon left over but 95 to
98
of what we would call wood ash is really
minerals that the tree had sucked up to
the ground we threw it in the garden
and everybody knew it increased the
fertility and you had a better yield and
your gardens did better when you put
wood ashes in there
but what they didn't know and yet today
they don't know
and i'm depending on all of you to share

this information
what they didn't know and they don't
know today is those plants sucked up
those minerals
when you ate the pumpkins and the squash
and the ochre and the tomatoes and bell
peppers and you ate the potatoes and the
onions and the peas and beans and
lentils and
and corn that were grown there they
sucked up all those minerals
and that's how you got your meal you
didn't know you were getting your
nutritional minerals that way but you
did
this remained the same for thousands and
thousands and thousands of years
until three o'clock in the afternoon
monday september 4th 1882
at 3 o'clock in the afternoon monday
september 4th 1882 on pearl street in
new york city and the bluff overlooking
the construction of the brooklyn bridge
it all ended in a single heartbeat we
know this because the story was in
every newspaper in the world this fellow
here thomas edison pulled the switch in
the first commercial electric generating
plant

within 10 years every industrialized
nation including united states every
town in every city and every
industrialized nation
converted from what is the universal
fuel to electricity
here comes the ultimate question how
many wood ashes are left over in your
home every morning when you use
electricity to fuel your home zero
zero now nobody knew what was happening
they still don't
and again the most fertile and the most
valuable farmland in the world
thousands of years ago and yet today are
plains because
every spring that would flood and as the
water would recede it would leave silt
and mud behind
minerals if you will from mountains
hundreds or maybe thousands of miles
upstream
and people like this of course they'd
plow this in and
renew the mineral content of the salt
because when you have minerals in the
food
it's because the plants are pulling
minerals out of the soil they don't know
it they don't need it they only need

three but they'll take up anything
that's soluble in the soil
people liked it guess what today we have
nine 900
000 dams for hydroelectric power
900 000 dams for hydroelectric power
and of course there was an unintended
consequence flood control
now people thought that was good at
first they didn't realize that we
destroyed the earth
with flood control because there's no
renewal of the minerals in the soil the
farmlands or the plains or
where it was flooding the valleys and
we've shut off the food supply to
ourselves we've shut off our minerals
for ourselves as you'll see in a moment
we have exact numbers by the u.s
department of agriculture
so things are happening it's all
negative because we've dammed up the
rivers we've cut off the food supply to
our farms
we've cut off the food supply to the
ocean
it's over 100 feet deep of minerals
that have piled up since they've built
the hoover dam nutritional minerals do

not occur in a uniform blanket around
the coast of the earth nutritional
minerals occur in veins like chocolate
and chocolate ice cream
some places have little some places have
none some places have three middle some
places have 15 some places have 25 some
places have 40.
but you can see from this picture which
is a satellite picture from 100 miles up
that the different colors and the swirls
and worlds represent different minerals
and different combinations of minerals
so in the animal industry so every dairy
cow is eating hay or beans
soybeans grown in this area we would
put a supplement of vitamins and
minerals and their alfalfa pellets
may be grown there are there soybeans
grown there so put the vitamins minerals
in their foods so we're leveling the
playing field so every
dairy count no matter what part of that
picture she got her food from
she's going to give us a maximum yield
say a gallon a half of milk instead of
10 of the cows giving a pint and 20
giving a quart
instead of all 100 giving a gallon and a
half it's predictable it's is

also very nutritious because a lot of these minerals appear in the milk if they're there they're not there obviously the cow can't make them now this is what makes youngjivity unique this is a compost pile this compost pile goes back into prehistoric days
it's made out of 100 grain leafy plants we know this because of the chloroplast the little chloro um chlorophyll structures inside of plants green leafy things
and they contain 78 minerals all 60 essential metals and optimal amounts these people are standing on a road that's 3000 foot elevation above sea level
that white cap on this deposit is 15 to 25 foot thick and it represents a cap of marine limestone so obviously it was under the sea for thousands and thousands and thousands years to make this limestone
and um there's a hundred cubic miles of this stuff here in this deposit 100 cubic miles we know this from drillings and soundings
because oh gosh 50 75 years ago people

are looking for oil
they're looking for coal they're looking
for natural gas in these places and they
said what is this stuff
this isn't what we're looking for they
just deserted it
of course this is something that is
incorporated into our 90 essential
nutrients
getting the 60 essential minerals from
this deposit
we knew in 1936 our saw was depleted in
minerals
this is u.s senate document 264 and it
was a two-year
hearings done by the u.s senate to
determine why our soils were dead why
did we have the dust bowl why did
we have the great depression they blamed
it on depletion of minerals in the soil
in 1936
but nobody proposed the reason why our
saw was depleted if you ask even yet
today
environmentalists professors of
agriculture
and big agricultural universities he
asked them why is our soil so depleted
minerals will always say because of four
farming practices because of poor

farming practices that's not true
nothing has changed as far as farming
practices
we plow we plant we harvest we plow we
plant we harvest and so
what is it well no more wood ashes in
the gardens no more silt from floods
and we've cut off the food supply to our
land cut off the food supply to our
oceans that's why we're in trouble
this is one that really disturbs me our
baby food according to
the food chemistry journal which comes
out every month i read it faithfully
every month and this one came out april
16
2012. they looked at the top eight baby
formulas
from the standpoint of pollution and
from nutritional value they said
these baby farmers were talking talking
about infamil symbolic gerber's ones
you're very familiar with very well
respected
these babies foods contain less than 20
of the required nutrients
needed for proper development of our
babies we're talking about
20 percent of the minerals and vitamins

our babies need
is all you're going to get in giving
them these baby food if you don't
supplement you're going to wind up
burying them like joe biden buried your
son
beau steve jobs mother buried him and i
wad his mother buried him
okay you're going to wind up bearing
your children if you don't supplement
them because it's not in the food
anymore even from the very beginning
okay these baby formulas you must
supplement we do it in animals we got
great
results we have to do it in people we're
going to have to do this
the government has failed us and guess
what the medical system has failed us
terribly and somebody
needs to go to jail this is a hundred
year study from 1914
to 2014 and of course they referred back
to u.s senate document 264 published in
1936.
our farm cells are depleted of vital
metals and as a result
our foods are literally starved of
nutrition medicine cannot
compensate for this deficiency u.s

senate document 264 1936

and the minerals in our soil over the

past hundred years 1914 to 2014 have

been depleted by 85 percent

you can see the chart and the graph on

the right you see the the

extreme dip in the mineral values of our

soil

okay then in the bottom line and again

this comes from last year 2014

usda the united states department of

agriculture reports that 95 of all

americans are mentally deficient

what more do you need what more do you

need

to understand that you must supplement

no matter how well you eat

you're a billionaire it doesn't matter

you're an athlete it doesn't matter if

you're a farmer it doesn't matter if you

don't supplement you're in trouble

worse yet if you don't supplement and

supplement your children your children

are in trouble

remember experts are saying that our

children our children will be the first

generation of americans that do not live

as long as their parents

to me that's very very scary but we have

the power we have the knowledge
to fix this but we're going to have to
be very proactive here because the
government's not going to do it and
guess what
the doctors aren't going to do it i want
you to look at these
maps the united states again but i want
you to look at the demographics here
look at the worst of the worst and here
the dark blue okay
this is disability rates look at the
dark
blue ones which is the worst of the
worst 31 percent
the dark blue states of disability
look at this one and this one you look
at this one
this is the heart age compared to the
actual chronological age
the ones in the dark burgundy are the
worst of the worst
same demographic look at this one
heart disease same demographic
southeastern
states the old confederate states the
states in the great lakes area and west
of the mississippi river the indian
reservations
in the northwest and the southwest

okay and now we're going to look at
cancer
same thing old confederate states the
states around the great lakes
and the northwest and the southwest
where the indian reservations are
eastern seaboard worst of the worst
life expectancy as you would expect with
all these terrible diseases being the
worst in those places same demographics
the blue areas this is by county uh
actually
live 25 years longer than the ones in
the orange and the yellow and the red
both in the old confederate states
the great lakes areas out west northwest
and the indian reservations in the
southwest
it's both for males and females your
body has the ability to rebuild itself
your body wants to heal itself but you
have to give it raw materials for that
to happen you cannot build a house
without brick and mortar
you cannot build a house without roofing
shingles you cannot build a house
without wood
for framing and infrastructure you need
nails and screws and bolts and nuts

okay same way with their body you may
have the best genes in the world but
without the 90 essential nutrients
as they say in france there ain't
nothing going to happen okay
and so i just hope you remember the fact
that we have less than 20 of the
nutrients necessary our baby foods
our kids generation will be the first
generation of americans to do not live
as long as their parents it's not a
genetic thing it's not destined
but if you don't supplement them that
that prediction will come true
so i urge you to give everybody you know
for birthdays
holidays any time a present is due for
graduations in schools and so forth
getting married
getting engaged going out together on a
regular basis give them the 90 essential
nutrients
our babies will be born normal people
will live a long time your kids will
outlive you which is the way it's
supposed to be
and i want to thank you for being such a
great audience contact your young duty
associate
and find out how you get involved become

part of the youngevity nation
and we're going to save america even
more important than that with this
information we can save the world and
god bless you
[Music]
god's recipe
the natural alternative to ritalin
parents across america are receiving
phone calls from their children's
teachers
not to praise their progress in class
but to inform them
there is a problem with johnny the
problem
johnny isn't staying up with the rest of
the children he's getting into fights at
recess
and he's just not listening the teacher
has seen it hundreds of times
atd attention deficit disorder
the most common form of treatment
ritalin
parents trusting the advice of
well-meaning professionals are
unknowingly starting their children on a
cycle of chemical dependency
is there an alternative the good news is
yes

and this tape will outline what has
become known as god's recipe
as well as letting you hear from some
doctors on this very subject
god's recipe is made up of very exciting
natural health products
opc grape seed extract containing ginkgo
biloba
and a multi-enzyme product this
combination is making a huge difference
in the lives of thousands of children
and is a natural approach that works
let's start this learning adventure with
a well-known radio show broadcasted
weekly
hosted by dr joel wallick
[Music]
thank you and welcome to the wellness
hour this is dr joel wallach your host a
physician and a veterinarian i can tell
you a lot of my patients say i treat
them like dogs but they seem to get
better we're going to talk about add
adhd hyperactivity learning disabilities
and all kinds of related disorders
i used to be famous for this up in
portland oregon where i practiced for 12
years you used to see
literally hundreds and hundreds maybe as
many as thousands of parents would bring

their children to me
who had these problems and of course
this was in the 70s
and early 80s people were just learning
about ritalin and all the teachers would
like to put the
these students on ritalin we're talking
about six seven eight nine ten-year-olds
who would
want to put them on ritalin i think a
psychiatrist gave lectures to
to the teachers so they were very aware
of ritalin when a child was disruptive
in the class the first thing he would do
is say to the parent put the kid on
ritalin and if the parent refused
the teachers would turn the parents over
to the
social services in oregon which were
really hot to do something
and they would then take on the parents
and they'd say look if you don't turn
the kid over
to be put on ritalin the first thing
that's going to happen is we're going to
make the child
a ward of the state and the state will
make sure that the kid gets rid of him
because it's good for the kid

this is all based on a teacher's
assessment of what was going on in the
classroom
well and what i got famous for was
taking these kids and having them
draw their favorite animal or plane or
flower or house or
whatever it might be prior to having
breakfast in the morning
then having whatever usual breakfast
they would have it could be sugar
frosted flakes
something like pop tarts syrup on their
eggos apple juice grape juice
sunny delight these kinds of things then
go to school and about an hour and a
half later
do their same drawing again and then
compare the two and what we found out
was
that a six-year-old who could draw a
giraffe
that looked obviously like a giraffe
after an hour and a half
following a high sugar breakfast would
draw a giraffe
would look much like a shmoo for those
of you old enough to remember what a
shmoo looked like
it was a pillow case with eyes on it and

so
we would recognize that this kid was
sensitive to sugar
and of course we've talked about this
many times on the show there are people
who are sensitive to sugar in all farms
whether it's natural process
corn syrup honey molasses and people are
sensitive to sugar just like they are to
alcohol and they're good alcoholics
people who uh for instance if they have
a drink they might go to sleep this is a
one
extreme end they go to sleep now there's
people in the middle who drink alcohol
and just kind of get giddy
and loud and boisterous and at the other
end of the scale they become
a violent the same thing is true with
sugar some people
when they take in sugar gets sleepy and
drowsy
some people when they take in sugar get
agitated and boisterous
and then some people when they take in
sugar get violent and add adhd is
somewhere in between those two extremes
because these kids are adults even get
disruptive irritable

they can be involved in domestic
violence certainly they're not going to
learn how to read write and do math
they're going to
experiment with cigarettes alcohol and
drugs as they get older
trying to find something to satisfy
their cravings
to be successful at because when you
have add adhd it's very difficult
to be a positive per farmer and so what
we did was
take these kids and young adults totally
off of all sugar national process
supplement them with three trace
minerals this was lithium chromium
and vanadium and lo and behold usually
within
24 to 72 hours there is a significant
benefit the parents and the teachers
immediately
recognize this and then within weeks the
kid would go from the bottom the class
to the top of the class has nothing to
do with intelligence
and we actually saved thousands of kids
from being put on ritalin
and today welcome max james thank you
sir good morning
uh good morning and uh obviously uh

you've had a lot of personal experience
i was reading your materials
why don't you share with our listeners
how you got involved
a real estate agent basically and
somebody with a military background
how did you get involved with atd yes i
have
a wonderful son and when he reached the
age of six years and headed off
to the first grade after about two weeks
in school we got that what turned out to
be a perennial call from the
school teacher saying we have a major
problem with your son
he's disrupting the class he's two weeks
behind
academically got quite a problem he's
the playground bully and
you need to come talk with us we were
absolutely stunned
our son had no behavioral problems at
home uh was the nicest little guy you
ever want to meet in your life
so we we thought perhaps there was an
error that maybe it was the wrong child
in any event
fortunately we had a very bright and
progressive first grade teacher who

suggested that if that were the case
what she'd like to do is have the school
psychologist
test him and he did so and a couple of
weeks later called us and said they
believed that he had
a learning disability at that time this
was in the late 60s they called it
hyperkinesis or
hyperkinetic behavior and suggested that
we go to stanford university and have
further
psychological tests done we did so
and they determined that indeed he was
adhd
and that was going to be incapable of
getting a normal
education we didn't do something to uh
to render him some assistance
the intelligence exams that they gave
him indicated that
he had an extremely high iq but simply
was not able to
utilize it and produce the result so we
were given three choices dr wallach they
said number one you can institutionalize
him
and this is a six-year-old this is a
six-year-old i mean i said well that
interesting i mean what what kind of

institution you're talking about and
having uh seen the jack nichols movie
one flew over the cuckoo's nest i had
visions of of horror and they said well
he'll be in with
quite a variety of uh children with
learning disabilities up to the medical
level of
and that just didn't seem appropriate
for my son uh given that we had had no
problems with his social behavior
in the home setting in the family center
said what's my next choice and they said
well uh
you could try nutrition and i said great
fantastic
what do we do and their response was
uh you've got to remove all sugar you've
got to remove
red food dye no more peanuts no more
this no more that no more
women so this is in the 1960s yes late
60s probably 68-69
okay i said well you know i i think that
we might be able to do that
at home it sounds like quite a challenge
but
what do i do about his meals at school
and what do i do about vacations and

camp
and visit that friend's home and
birthday parties what is the third
choice anyway and they said well we
highly recommend the third choice it's
the drug of choice it's riddling
and riddling is safe it's a mild drug
and they explained it and and so that
was the recommendation and that's what
we did
the results were immediate and wonderful
suddenly the handwriting which had been
virtually
illegible became not only legible but
but quite artistic
and i had thought that the handwriting
problem was probably genetic i couldn't
write my
handwriting was terrible so in any event
he suddenly started using
three-syllable words which uh which his
older sister had uh
had difficulty at that point
understanding and then the
body made the adjustment and a lot of
that went away and
constant battles and with the
appropriate dosage
finally settled in and and we proceeded
on a six-year odyssey of my son

on a drug that says more popularly
called speed
the problem in my mind with ritalin is
that it works
he certainly was able to get an
education the problem with ritalin also
is the side effects
in this case were in my mind devastating
parents who are just exhausted with a
hyperkinetic child or one with add or
adhd
they get this relief from this drug
ritalin suddenly they can all go to
sleep and suddenly
they can go on with their lives because
the kids under control and
things seem to be going well and the
education is going good
and they think they've solved the
problem this is why the medical
profession and teachers can get parents
kind of coerced into this because
suddenly
the major portions of their problems go
away and they can say
finally we get some relief here and we
can go on with everybody's lives
let me ask you something did they tell
you to still with the child on ritalin

to take them off of sugar and supplement
them with some trace minerals
uh there's certainly no suggestion of
trace minerals no but they did say
it would help to get them off of sugar
yes they did yes they did
the benefits of the ritalin of course
were that he became
a perfectly adjusted in the classroom
but the side effects
dr wallach are what has created my
passion to see if i can
find a better alternative sure what are
the side effects that you saw
in your son for six years my son was on
ritalin
and uh they required drug holiday which
is we took him off on the weekends and
obviously during holidays in the summers
and
when he came off the drug there were
withdrawals
uh the symptoms of drug withdrawal as
well as what
now popularly called ritalin rebound so
that about
late sunday afternoon behavioral
problems really were
abundant huge blue circles under the eye
from the abuse of this drug lips that

were constantly
cast and bleeding because he was so
dehydrated
from this drug that he was constantly
licking the lips and
that created the problem a depression
moodiness
well these blue circles under the eyes
we call them allergic shiners
okay yeah allergic shiners and
invariably uh
there's something that they're eating
either sugar in one farm or another or
maybe uh even dairy can cause that on
occasion
and it's one of the signals that the
child's in trouble when you see these
blue
purpley marks under the eyes that we
call allergic shiners well it was clear
to us that he was in trouble
from uh from a growth potential
physically at the age of 12
he weighed 50 pounds my goodness and uh
at when he finished the sixth grade at
50 pounds
we sent him back to the farm in
tennessee back to my parents
and of course went off the ridland and

he got on those good natural foods back
there
and my dad's farm and garden and then an
environment
that was free without the pressures of
the school room in the classroom
and dr wallach he had a 60 weight gain
in 30 days
went from 50 pounds to 80 pounds and
never
went back on ritalin isn't that amazing
absolutely amazing he uh
was able to go through the rest of his
secondary education
and in fact had an opportunity to
redevelop and rebuild his self-esteem
with a special program that
at one time was provided by the
university pacific here
to help children with these problems and
he went on and got a college education
and is a well-adjusted
young adult today but never back on
ritalin
i would hope that no one would ever have
to go through that with their time
okay so what have you been doing uh all
these years
since your son has gotten off of ritalin
uh it says here that

you're a tireless worker and helping
people and
going into the media and making sure
that people know about this problem
tell us some of your experiences well a
little over a year ago i was sitting in
a lecture on nutrition and a doctor
chris van overent
indicated that in his practice he dealt
with a lot of
children that were diagnosed with adhd
and his experience
was that many of them not all were
unable to process or metabolize sugar
and that if you gave them a good
multi-enzyme the problem would often
disappear
well i said in this audience in total
shock i mean i was stunned
that i could have perhaps avoided
putting my son through all of that pain
and agony as well as the family
by simply treating it with with a
nutritional supplement
and so i uh determined right then that
evening that i was going to test it
because quite honestly i didn't believe
it
the route that that we took in

experimenting with
nutritional supplements was to
go with minerals to go with a good
strong antioxidant combined with
ginkgo biloba and to go with the
multi-enzyme and the elimination
of as much sugar as possible out of
these children's diets
the word just kind of spread word of
mouth and
the result has been over a period of uh
10 or 12 months now dr
wallach that i receive phone calls every
day
letters people calling me psychiatrists
medical doctors neurologists
pediatricians all wondering what we're
doing
i'm not even sure i believe these
statistics myself
i feel blessed by them but i have not
had
one single case reported to me
not one that a child has had to go back
on ritalin
after going on to these nutritional
supplements
what a blessing that is you can take uh
comfort in knowing that i had the same
results

never had to have a child go back on
ritalin
the the caveat here again the the the
thing that you have to have everybody
agree on
that the whole family has to be aware
have to educate the child that there is
a
connection between sugar and their
negative behavior kids don't like to be
different
as you know kids don't like to be behind
in class
and kids don't like to be a non-learner
and so once they really
get down deep inside of them this
knowledge that sugar
is a very negative thing for them when
you get them at a young age and the
whole family does the same thing
it's very very easy to get them on the
right road and stay on the right road
my own son who was i guess about six
years old we figured this out for him
we started looking at health food stores
you're able to get hot dogs for instance
without corn syrup in it you get pure
beef pure chicken pure
turkey pure lamb hot dogs uh when he got

to be nine years old he'd go out with
the cub scouts
and i used to make brownies out of the
roasted carob and out of
rice flour and so forth and he could
take his
brownies that had a nice pecan half on
the top of each brownie
and his hot dogs and go and do his thing
with the cub scouts
and know that he couldn't eat anybody
else's hot dogs he couldn't trade
he couldn't eat their twinkies but he
could eat their brownies and because
they were so special
i had to start making more of these
things so the whole cub scout troop
wanted them um it was fascinating to see
the change in the whole troop
we have a problem in the united states
with prescribed
drugs and children right now it's
reported
and i can believe it that adhd is
america's number one
childhood psychiatric disorder and in
some
areas of the country the uh the
percentage of children that are taking
ritalin has reached

seven eight percent uh over 2 million
children on this i am absolutely
convinced
by the hundreds and hundreds of people
that i've talked to that
it is not necessary oh absolutely and of
course the reason max is
that uh per person in america now this
does not exclude children it doesn't say
per adult so it says per person
there's 148 pounds of sugar per year
consumed
per person now there's some poor kid out
there eating 300 pounds because i don't
eat any
right and my son doesn't need any i'm
assuming yours doesn't so there's
you know there's six people out there
who are eating 300 pounds of sugar per
person
and it's pretty scary and another fact
which is even scarier to me according to
experts
uh juvenile and childhood experts
one-third of american children are going
to be in a juvenile court this year
1996 because of behavioral problems
because
of some kind of criminal behavior

whether it's
you know burglarizing neighborhood
houses or
assaults or murder or manslaughter
these kinds of things destructive
behavior and
you can attribute most of this really to
this 148 pounds of sugar per kid
and the fact that our foods are totally
deficient in
minerals and that if you don't
supplement these kids with lithium
chromium and vanadium zinc
sulfur things like copper magnesium
manganese and so forth they get
all kinds of physical problems as well
as mental ones
and i have to ask you have you had any
any
rebellion from parents who say well gosh
this is so expensive or
our insurance will will pay for the
ritalin and we have to pay for the
vitamins and minerals
i really have not i've i've found that
parents
really are anti-drug for children they
don't want the kids on drugs and you're
exactly right these children do not want
to take ritalin

in fact i am working with one the school
nurse
whose job it is every day to stand at
the head of this
queue of children all lined up to take
their meds
as they're called and they have to be
supervised of course because it's
controlled substance
she says now that she actually has to
put her fingers into their mouth
to ensure that they are in fact taking
ritalin
because they don't want the drug you
know i i hope she's washing her fingers
between each child
max hang on this is dr joel wallick your
host of the wellness hour
and we're going to be right back after
this message
jerry you're on live with uh dr joe
wallick at max james your question
please jerry
i'm a judo coach and i have several
students that are
obviously suffering from add uh what
what kind of information can you give me
on that
as you know dr wallach an awful lot of

these children that are adhd become
great athletes because of the
frustration and
energy that fills up inside them the
anger of having to deal with the problem
on a daily basis
certainly was the case with my son and
so we find a lot of adhd children
in judo classes and and they also become
great entertainers
again because of this energy but one out
of every three is going to drop
out of school and if they carry this
into adulthood the national statistics
are that
one out of every 10 will attempt suicide
so my recommendation is a couple of
ounces of minerals
each day for these children we believe
that the antioxidant is very important
to help clean up the free radical damage
that's
going on inside their little brains and
we combine that with the ginkgo biloba
and then we think that the multi-enzyme
to help them metabolize that sugar that
they're going to get we just
can't seem to eliminate enough of it
it's very important
okay thank you does that help you out

yeah that helps me quite a bit
and i'm going to try it out with a
couple of the students that i have in
mind and um
i will definitely let you know how it
went yeah great and then of course you
want to
have the parents go through those boxes
of right of all the items that have
sugar on it or
give them 10 cents for every different
can box
bottle or bag that has sugar in it you
know something some incentive
and you'll be amazed it'd be a lot of
fun right great appreciate it okay jerry
thanks
okay thank you yeah max if you had to
have
one recommendation for parents when they
discover usually parents discover on
their own that there's a problem or a
teacher tells them
personally i like to keep them away from
counselors and shrinks because they
invariably direct them
and convince the parent it's the right
thing to do to get them on ritalin
and i feel if the parents are really

interested in
in the child i i give them the advice
without suggesting that they go to a
counselor
or a shrink how about yourself a major
concern here over this child's
self-esteem
it's a problem that that can be dealt
with and it's going to require a great
deal of patience and a tremendous amount
of love for that child
but that i believe that the problems can
be overcome
without drugs and that the problem can
be overcome with nutrition and number
one
you must reduce the amount of sugar
number two because you cannot reduce all
the sugar
you've got to do something about the
negative impact of the sugar
and so we start just with that
recommendation diet diet diet
and as you point out it's a lifelong
process and
some get it and some don't it's really a
sad thing
and again i i attribute to the kids who
don't get it
is because the family is not willing to

give up sugar in their own lives
and give the support that's totally
necessary for the kid and do the
education that's necessary
to have the child make the association
between sugar
and the negative behavior we've also had
great experience by the way
in going to the doctors uh not being a
medical practitioner myself i'm very
careful of course
when children are on prescribed drugs
and and i suggest to the parents that
they
go to their doctor and tell the doctor
what they want to do
tell the doctor that they want to try an
alternative and dr wallach i simply have
to say this that
there have been no long-term studies on
the negative effects
of ritalin or xylar or some of the
others that are used and
it seems to me that there's something
wrong with a picture that says
we put adults in jail for possessing
this drug
and yet we're forcing our children to
take it on a daily basis

uh you know there weren't any pharmacies
in the garden of eden
and i've just got to believe that this
can be handled
using natural uh supplementation
you're absolutely right and it's a
matter of giving up that sugar 148
pounds
of sugar per kid per year and uh
supplementing them properly
i've just seen such wonderful results uh
with pills
it used to take me oh somewhere around
oh anywhere from four to six weeks to
see some real progress
because you can't absorb the elemental
forms of minerals very well
even children only would get eight to
twelve percent but with minerals i've
had so many parents come back to me and
say
hey in 72 hours this kid is just a
different child
the teacher asked if this was the good
twin
and i'm sure you've seen the same thing
i have indeed my
brother is a doctor back in memphis
tennessee and his children
suffer from this malady and they have

seen results

overnight often i hear by the next

morning

a perceptible change in behavior

it's uh it's truly a blessing doctor

walk so people have everything to gain

nothing to lose by doing this

amen absolutely and we just want to

thank you a lot to

max thank you for sharing this time with

me yes and

appreciate all your experience

max james has taken this mission upon

himself to educate as many parents as he

can

please turn to side b to hear more about

god's recipe

[Music]

during a recent phone session parents of

abd children met with dr chris van

overen

and max james bobby would you mind

leading us off oh not a bit

oh fantastic i am so excited to be able

to share uh

the wonderful things that have happened

to my daughter

she started showing signs of add when

she was in first grade

and in second grade she started out
above level in reading and ended up with
below level at the end of the year
there were a couple of other children in
her classroom that that also had the
same problem as katie
and between all of them mixed together
it was a pretty hectic classroom for the
poor teacher and by the end of the year
she was doing cartwheels in the back
room and
the whole nine yards and not really
learning anything and she was also
having
social problems she was having these
fits of rage
she couldn't hold friends because of the
rage that she was showing and the rage
was coming out at the family and
uh on her sister and she was just a poor
thing was in trouble all of the time
you'd ask her to do a specific task and
go and check on her in about 10 or 15
minutes and and the poor little thing
was in a trance i mean it was like she
was staring off into space and
it's like honey why haven't you done
what we asked you to do you know you've
been in here for 15 minutes no mom i
just walked in the room

and she was very honest you know you can
tell when kids are fibbing and she was
very very honest with
the fact that she felt that she had just
walked into the room
so this was long before i found these
wonderful products
the multi-enzymes and such we started
working with a naturopath and
and she did help us she said that you
know a lot of times it's with food
allergies that these things occur
and so we did change her diet and so on
and so forth but
when we started on the minerals and the
enzymes and the
proenthal cyanidine product that has the
ginkgo biloba
for the brain etc my daughter just came
up
a hundred percent better than just
with changing her diet and in two weeks
her teacher called me
at home during the day it scared me
because i thought something had happened
and
she said mrs mcewen i i
would like to know what it is that uh
you're doing different with katie and

and i said well in in what regard you
know after having so many bad phone
calls
you know with a child with atd you kind
of don't want to volunteer too much oh
gee what have we done now
she was wonderful she says i don't know
what you're doing with her and for her
but whatever it is please
don't stop she says please do more she
said katie is
focusing in the classroom and she is
her attitude towards the other children
is changing and she's calming down
and she's actually grasping onto
concepts now and i said well gosh it's
only been a couple of weeks since we
started her on these new products these
natural health care products and she
said wow
i don't care what it is that you've done
i am just so excited she said i'm really
beginning to see
what a wonderful child katie is and you
told me that at the beginning of the
year that she was really a wonderful
child but
because of these problems and stuff um
with her add
it's hard to get to know the real katie

like you have the chance to at home and
she says
i'm just so excited that i've had the
chance to get to know the real katie
underneath the problem she said this is
just wonderful and
the year has continued to progress and
she is just doing absolutely wonderful
she has
several friends now she's become quite
popular in school and
she's doing much better on her homework
and and we're still working with some of
the backlashes of the add
but katie is definitely a success story
and we just started her on these
products
and so we haven't had her on them for an
extreme amount of time before
you know we're very pleased thinking
that she's
just about cured from the 80d symptoms
oh that's a fantastic story
fantastic jackie why don't you do the
same
just tell us what's happened in your
special family with
adhd and nutritional supplements okay
i have a son who is 14 right now and he

has
had add since he was teeny
he was one of those kids that was
hyperactive and couldn't sit still
and loved to experiment and was always
breaking everything in the house
we had trouble with the frustration
mainly
everything he tried to do was so hard
for him and he would get terribly
frustrated
when he was learning to read he would
read a word fine one day and
he wouldn't remember it the next he
couldn't remember the multiplication
tables
when he was spelling he'd drill and
drill and drill and then
he wouldn't remember it the next day and
it made him so frustrated
and so usually with his schooling he
would do 10 or 15 minutes and get so
frustrated
he would go out and jump on the
trampoline he's very good at that
um also another thing he used to do is
when he got really frustrated he'd kind
of almost roll up in a ball and say i'm
so
dumb i'm so dumb i can't i can't how

come i'm not like anybody else and it
was driving me crazy and i felt like i
needed to put him
on uh some kind of drugs just because
his
life seemed so miserable and we really
didn't want to go to ritalin
and so we kind of worked with him and
worked with him until we found
these products and it was amazing we
gave him the first dose
at night and the next morning when we
sat down to do we do scripture reading
first and when we sat
down to do our scripture reading he took
his turn and he read
fluently not one word at a time not sort
of sounding him out looking at him as if
he had never seen them before
he read fluently just as fluently as
could be
and we were just shocked because this is
he'd only had
two doses you know night and morning
and then he sat down at the computer and
typed a story and this story ended up
being he typed that day for like
six or seven hours was a little while
off for lunch straight through

when he came across a word he couldn't
spell he'd always just
fly into a rage this time as he came
across the word you couldn't know
he'd either spell it the best he could
and then use the spell checker or he'd
ask somebody
and go right on no rage no
frustration and his story is absolutely
amazing he
um sent it into the contest
right now he won first place in the
local contest and it's in the statewide
contest right now
it's an amazing story he did a fantastic
job
and i can always tell if he has
remembered to take it or not
because if he hasn't taken it then
little things bother him like he can't
find his shoes and he'll he just gets so
frustrated and so angry and all you need
to say is hey
did you take your stuff did you take
your pills nope
it's just really easy to tell you it
made a huge difference in his life
oh what a fantastic story great great
story oh thanks jackie i really
appreciate you sharing that with us

that's great yeah dr chris yeah any
particular thing you'd want to add into
that that's classic
or that you've observed well i i'm not
exactly
sure why sugar is the is the main
problem there are a few
a few concepts that we're fairly sure of
and that is that refined sugar
is the main culprit because it gets
metabolized
in the digestive system much quicker
basically raises havoc with the rest of
the
of the metabolism of the sugar and it
causes a very
high influx of insulin
to regulate this immense absorption rate
of the
refined sugars that's basically the
mechanism involved there is that we're
just in
primarily we're just taking in the
incorrect form of sugar which
we were never intended to receive that
way we were intended to receive sugar in
a natural form
like from fruit or vegetables and so now
what's happened is

through that violation the digestive
system
is imbalanced you might say its ability
to
tolerate these sugars has decreased
and then of course that leads into
dysfunction where the enzymes come in
is twofold one is to try to help
the body recover from this dysfunction
by providing enzymatic action with the
sugar
that is inevitably going to be a part of
our diet
and and thus helping to regulate the
metabolism better
that's the primary function of how that
does that
the second deal is what it also does is
it sort of gives the body
an opportunity then to heal up certain
aspects of the digestibility of these
sugars
by providing its own enzymes
when you have a dysfunctional system it
takes time for the body to heal
and and getting this extra help from the
enzymes
is uh it gives you this this extra time
and ability for the body to heal it up
so it's it's a two-fold situation and

it's in conjunction with
a person having to reduce the amount of
these refined sugars in their diet
and then supplementing in the enzymes to
help the body recover
and bring it back into balance and also
help regulate
normal metabolic process of the sugar
fantastic chris thanks you related that
to the to the cofactors
because it is required to be metabolized
so much it depletes the body of the
cofactors and co enzymes or coenzymes
are vitamins and cofactors are minerals
so that's why the minerals fit into this
program is that
you end up depleting or utilizing the
minerals available in the body just to
try to maintain as long as it can while
the person is
is taking in these these processed
sugars or violating
natural digestive processes so if you're
depleting
your vitamins and your minerals and your
enzymes it's somewhere along the lines
it's just going to raise havoc and
something's going to give
and in this case it's add so the remedy

nutritionally would be to supplement
back in the vitamins
and the minerals or the enzyme cofactors
and coenzymes
along with the food enzymes to bring the
body back into balance
dr chris what about the antioxidants
and what benefit we may be receiving by
the people that that are added
well the antioxidants of course any
anytime that you're going to have tissue
dysfunction
you're going to have inflammatory
processes going on
more than likely and of course the
antioxidants do have an effect on
inflammation
in attempting to reduce it thereby also
trying to bring back into balance normal
function
the things like ginkgo have elements of
them that get into the brain
to help in the tissue in that particular
organ
so there's a relationship there i think
between utilizing antioxidants
and also getting into specific regions
of the body or specific organs for
example the brain with ginkgo
and this helps them to bring back into

balance the normal function of specific
tissues or organs okay
i've got one last one for you chris uh
children are getting the attention here
for adhd what about taking this
malady into adulthood what's the story
there
is it curable do we just learn to deal
with it what's the situation
the basic premise is the body's a
self-healing organism and
in order for it to continue to maintain
its natural processes of self-healing it
needs to be fed
and if we continue to feed it
appropriately it has its best
opportunity then to maintain
proper health that transcends all age it
doesn't matter how old you are
i think that the the the answer is
basically the same thing
right fantastic chris thanks very much
sure appreciate your time
okay thank you very much we'll see you
soon okay bye-bye well let's see
mike hort hi max how about tell us
what's going on in your family
travis uh is a five-year-old young man
great personality we have managed

to keep him away from the thought of
having to take riddlin
by natural means first we took sugar out
of his life
at about three years old travis had some
challenges and whenever he had sugar
he became a totally different person
everybody out there listening
if you're listening to this because you
have a challenge you already know all
the stories
you know what happens you know what
happens in school you know what happens
at home
you know what happens to the character
of of the persons we're talking about
it's not just travis
this this is happening to children all
over america he said with sugar we
controlled it a lot we changed his life
a lot
only half as much as his life changed
when we were able to give him
minerals enzymes
and opc's the the group together
really made some major changes and i
want to say when we first started giving
him the products
we half-heartedly gave him the products
and we seen minimal change it wasn't

until we
got really regiment about given him
these products all day every day
and what i mean by that is by giving
travis these products three times a day
or if it took four times a day um you
could tell when
when there's a mood swing and there's a
a change that started to come off
uh we made sure that he had an enzyme
whenever he ate anything if it was a
piece of toast he had an enzyme
he had minerals at least twice a day and
opc's at least twice a day
what a difference he he said little
gentleman
all of the things that we were
experiencing
that could have led us to other means of
you know what a lot of other kids are
having to take that i know some other
programs are
trying to get all kinds of other types
of programs going
but we combated it naturally not even
knowing
that we had the major problem so we're
like so many others out there
we think that our child is just maybe a

little more excited
a little more ornery than others and
that's normal
we think it's normal because there are
so many other children out there that we
can compare him to
so we think that's normal and what we
have to learn is it's not normal it's
common
there's a lot of other people out there
a lot of other children or or
even adults that we can compare it to
that makes it common
but not normal so to keep that in mind
there's
there's a problem that needs to be
addressed
and there are ways to address it
naturally it's
it's really wonderful oh that's a
fantastic story
joanne yes we understand that you've got
a wonderful story to share with us
about nutrition in your family and adhd
we started about four and a half months
ago and this has been the greatest four
and a half months we've ever had ever
my son is six and a half years old in
fact i had talked to jackie roland
about natural things to help for the the

add

and this is what she told me about and

at that point my son he's in first grade

the principal was bringing him to my

work

to get him out of the school he was

running away from school

he was talking back to the teachers he

was a severe discipline problem almost

to the point of being kicked out of

school in first grade

that was the main thing we had just

taken the the written test through the

school

for add the teacher made it out that he

was an extreme discipline

problem and that he must we had this

meeting they said i must not

uh discipline him enough i must not be

structured enough with him

all these things that were my fault that

were his fault

and right after that meeting was when i

started the pills

and i started with one a day and i

didn't see much difference for about a

week

and so jackie told me to try two

and so i tried two pills a day

over the weekend and then that monday
from that time period on
we have had perfect behavior all the way
through
he won a little pin from the principal
for his outstanding work he got a trip
to sam's town
all paid for by the principal because he
has done
so fantastically they're on a green card
yellow card red card system green card
being the best he used to be getting
he was getting two to three red cards
and a yellow card
every week which was bad and
he's gotten one red card in four and a
half months
his teacher says that she wishes that
she could get this stuff for every kid
in her class
just everybody comes into my work every
day i hear it
i hear feedback of how great he's doing
what is he doing what are we doing
it's it's fantastic oh that's a
fantastic story
i've learned a lot tonight and i very
much appreciate your
being willing to to share all of this i
think

one of the things that i'd like to kind
of end with here
is zoen said thank god and it seems to
me that
we have properly titled what we're doing
and the success of this formulation
and this combination of natural
nutritional supplements
with the 8 10 15 calls i got today and
the hundreds and hundreds of parents and
children now that are benefiting from
this
we really can i think in good
consciousness call it god's recipe
and what most of us are doing is
two ounces of these minerals
spread during the day maybe first thing
in the morning and then sometime
mid to late afternoon 40 milligrams
of this proanthocyanidin preferably
one that comes from grape seed extract
in combination with ginkgo biloba
and we think that you should take those
roughly at the same time
that you take the mineral
supplementation
and then lastly because there is no
question that
sugar is a major culprit in adhd

and add we need to eliminate sugar as
much
as possible from all of our diets but
particularly from the diets of those
that are very sensitive
and impacted negatively by sugar
and in order to help ease the problem
of the sugar that we are unable to
eliminate
these multi-enzyme capsules are
phenomenal because as dr chris has
told us tonight they assist mightily
in metabolizing the sugar and getting
that whole digestive process
and the reaction of digesting sugar
under control so that we don't get the
mood swings
and the metabolic swings so we call that
god's recipe
hopefully with the information that you
have been kind enough to share with us
tonight
the recipe will spread and the resultant
blessing will occur to as
many people as possible so i would just
say again thank you
[Music]
to discover how you can start your
children on god's recipe
contact the person who thought enough to

give you this tape all proceeds from

this tape are donated to add

research

information and statements regarding

dietary supplements discussed have not

been evaluated by the food and drug

administration and are not intended to

diagnose treat cure or prevent any

disease

you

[Music]

god's recipe

the natural alternative to ritalin

parents across america are receiving

phone calls from their children's

teachers

not to praise their progress in class

but to inform them

there is a problem with johnny the

problem

johnny isn't staying up with the rest of

the children he's getting into fights at

recess

and he's just not listening the teacher

has seen it hundreds of times

atd attention deficit disorder

the most common form of treatment

ritalin

parents trusting the advice of

well-meaning professionals are
unknowingly starting their children on a
cycle of chemical dependency
is there an alternative the good news is
yes
and this tape will outline what has
become known as god's recipe
as well as letting you hear from some
doctors on this very subject
god's recipe is made up of very exciting
natural health products
opc grape seed extract containing ginkgo
biloba
and a multi-enzyme product this
combination is making a huge difference
in the lives of thousands of children
and is a natural approach that works
let's start this learning adventure with
a well-known radio show broadcasted
weekly
hosted by dr joel wallick
[Music]
thank you and welcome to the wellness
hour this is dr joel wallach your host a
physician and a veterinarian i can tell
you a lot of my patients say i treat
them like dogs but they seem to get
better we're going to talk about add
adhd hyperactivity learning disabilities
and all kinds of related disorders

i used to be famous for this up in
portland oregon where i practiced for 12
years you used to see
literally hundreds and hundreds maybe as
many as thousands of parents would bring
their children to me
who had these problems and of course
this was in the 70s
and early 80s people were just learning
about ritalin and all the teachers would
like to put the
these students on ritalin we're talking
about six seven eight nine ten-year-olds
who would
want to put them on ritalin i think a
psychiatrist gave lectures to
to the teachers so they were very aware
of ritalin when a child was disruptive
in the class the first thing he would do
is say to the parent put the kid on
ritalin and if the parent refused
the teachers would turn the parents over
to the
social services in oregon which were
really hot to do something
and they would then take on the parents
and they'd say look if you don't turn
the kid over
to be put on ritalin the first thing

that's going to happen is we're going to
make the child
a ward of the state and the state will
make sure that the kid gets rid of him
because it's good for the kid
this is all based on a teacher's
assessment of what was going on in the
classroom
well and what i got famous for was
taking these kids and having them
draw their favorite animal or plane or
flower or house or
whatever it might be prior to having
breakfast in the morning
then having whatever usual breakfast
they would have it could be sugar
frosted flakes
something like pop tarts syrup on their
eggos apple juice grape juice
sunny delight these kinds of things then
go to school and about an hour and a
half later
do their same drawing again and then
compare the two and what we found out
was
that a six-year-old who could draw a
giraffe
that looked obviously like a giraffe
after an hour and a half
following a high sugar breakfast would

draw a giraffe
would look much like a shmoo for those
of you old enough to remember what a
shmoo looked like
it was a pillow case with eyes on it and
so
we would recognize that this kid was
sensitive to sugar
and of course we've talked about this
many times on the show there are people
who are sensitive to sugar in all farms
whether it's natural process
corn syrup honey molasses and people are
sensitive to sugar just like they are to
alcohol and they're good alcoholics
people who uh for instance if they have
a drink they might go to sleep this is a
one
extreme end they go to sleep now there's
people in the middle who drink alcohol
and just kind of get giddy
and loud and boisterous and at the other
end of the scale they become
a violent the same thing is true with
sugar some people
when they take in sugar gets sleepy and
drowsy
some people when they take in sugar get
agitated and boisterous

and then some people when they take in
sugar get violent and add adhd is
somewhere in between those two extremes
because these kids are adults even get
disruptive irritable
they can be involved in domestic
violence certainly they're not going to
learn how to read write and do math
they're going to
experiment with cigarettes alcohol and
drugs as they get older
trying to find something to satisfy
their cravings
to be successful at because when you
have add adhd it's very difficult
to be a positive per farmer and so what
we did was
take these kids and young adults totally
off of all sugar national process
supplement them with three trace
minerals this was lithium chromium
and vanadium and lo and behold usually
within
24 to 72 hours there is a significant
benefit the parents and the teachers
immediately
recognize this and then within weeks the
kid would go from the bottom the class
to the top of the class has nothing to
do with intelligence

and we actually saved thousands of kids
from being put on ritalin
and today welcome max james thank you
sir good morning
uh good morning and uh obviously uh
you've had a lot of personal experience
i was reading your materials
why don't you share with our listeners
how you got involved
a real estate agent basically and
somebody with a military background
how did you get involved with atd yes i
have
a wonderful son and when he reached the
age of six years and headed off
to the first grade after about two weeks
in school we got that what turned out to
be a perennial call from the
school teacher saying we have a major
problem with your son
he's disrupting the class he's two weeks
behind
academically got quite a problem he's
the playground bully and
you need to come talk with us we were
absolutely stunned
our son had no behavioral problems at
home uh was the nicest little guy you
ever want to meet in your life

so we we thought perhaps there was an
error that maybe it was the wrong child
in any event
fortunately we had a very bright and
progressive first grade teacher who
suggested that if that were the case
what she'd like to do is have the school
psychologist
test him and he did so and a couple of
weeks later called us and said they
believed that he had
a learning disability at that time this
was in the late 60s they called it
hyperkinesis or
hyperkinetic behavior and suggested that
we go to stanford university and have
further
psychological tests done we did so
and they determined that indeed he was
adhd
and that was going to be incapable of
getting a normal
education we didn't do something to uh
to render him some assistance
the intelligence exams that they gave
him indicated that
he had an extremely high iq but simply
was not able to
utilize it and produce the result so we
were given three choices dr wallach they

said number one you can institutionalize
him
and this is a six-year-old this is a
six-year-old i mean i said well that
interesting i mean what what kind of
institution you're talking about and
having uh seen the jack nichols movie
one flew over the cuckoo's nest i had
visions of of horror and they said well
he'll be in with
quite a variety of uh children with
learning disabilities up to the medical
level of
and that just didn't seem appropriate
for my son uh given that we had had no
problems with his social behavior
in the home setting in the family center
said what's my next choice and they said
well uh
you could try nutrition and i said great
fantastic
what do we do and their response was
uh you've got to remove all sugar you've
got to remove
red food dye no more peanuts no more
this no more that no more
women so this is in the 1960s yes late
60s probably 68-69
okay i said well you know i i think that

we might be able to do that
at home it sounds like quite a challenge
but
what do i do about his meals at school
and what do i do about vacations and
camp
and visit that friend's home and
birthday parties what is the third
choice anyway and they said well we
highly recommend the third choice it's
the drug of choice it's riddling
and riddling is safe it's a mild drug
and they explained it and and so that
was the recommendation and that's what
we did
the results were immediate and wonderful
suddenly the handwriting which had been
virtually
illegible became not only legible but
but quite artistic
and i had thought that the handwriting
problem was probably genetic i couldn't
write my
handwriting was terrible so in any event
he suddenly started using
three-syllable words which uh which his
older sister had uh
had difficulty at that point
understanding and then the
body made the adjustment and a lot of

that went away and
constant battles and with the
appropriate dosage
finally settled in and and we proceeded
on a six-year odyssey of my son
on a drug that says more popularly
called speed
the problem in my mind with ritalin is
that it works
he certainly was able to get an
education the problem with ritalin also
is the side effects
in this case were in my mind devastating
parents who are just exhausted with a
hyperkinetic child or one with add or
adhd
they get this relief from this drug
ritalin suddenly they can all go to
sleep and suddenly
they can go on with their lives because
the kids under control and
things seem to be going well and the
education is going good
and they think they've solved the
problem this is why the medical
profession and teachers can get parents
kind of coerced into this because
suddenly
the major portions of their problems go

away and they can say
finally we get some relief here and we
can go on with everybody's lives
let me ask you something did they tell
you to still with the child on ritalin
to take them off of sugar and supplement
them with some trace minerals
uh there's certainly no suggestion of
trace minerals no but they did say
it would help to get them off of sugar
yes they did yes they did
the benefits of the ritalin of course
were that he became
a perfectly adjusted in the classroom
but the side effects
dr wallach are what has created my
passion to see if i can
find a better alternative sure what are
the side effects that you saw
in your son for six years my son was on
ritalin
and uh they required drug holiday which
is we took him off on the weekends and
obviously during holidays in the summers
and
when he came off the drug there were
withdrawals
uh the symptoms of drug withdrawal as
well as what
now popularly called ritalin rebound so

that about
late sunday afternoon behavioral
problems really were
abundant huge blue circles under the eye
from the abuse of this drug lips that
were constantly
cast and bleeding because he was so
dehydrated
from this drug that he was constantly
licking the lips and
that created the problem a depression
moodiness
well these blue circles under the eyes
we call them allergic shiners
okay yeah allergic shiners and
invariably uh
there's something that they're eating
either sugar in one farm or another or
maybe uh even dairy can cause that on
occasion
and it's one of the signals that the
child's in trouble when you see these
blue
purpley marks under the eyes that we
call allergic shiners well it was clear
to us that he was in trouble
from uh from a growth potential
physically at the age of 12
he weighed 50 pounds my goodness and uh

at when he finished the sixth grade at
50 pounds
we sent him back to the farm in
tennessee back to my parents
and of course went off the ridland and
he got on those good natural foods back
there
and my dad's farm and garden and then an
environment
that was free without the pressures of
the school room in the classroom
and dr wallach he had a 60 weight gain
in 30 days
went from 50 pounds to 80 pounds and
never
went back on ritalin isn't that amazing
absolutely amazing he uh
was able to go through the rest of his
secondary education
and in fact had an opportunity to
redevelop and rebuild his self-esteem
with a special program that
at one time was provided by the
university pacific here
to help children with these problems and
he went on and got a college education
and is a well-adjusted
young adult today but never back on
ritalin
i would hope that no one would ever have

to go through that with their time
okay so what have you been doing uh all
these years
since your son has gotten off of ritalin
uh it says here that
you're a tireless worker and helping
people and
going into the media and making sure
that people know about this problem
tell us some of your experiences well a
little over a year ago i was sitting in
a lecture on nutrition and a doctor
chris van overent
indicated that in his practice he dealt
with a lot of
children that were diagnosed with adhd
and his experience
was that many of them not all were
unable to process or metabolize sugar
and that if you gave them a good
multi-enzyme the problem would often
disappear
well i said in this audience in total
shock i mean i was stunned
that i could have perhaps avoided
putting my son through all of that pain
and agony as well as the family
by simply treating it with with a
nutritional supplement

and so i uh determined right then that
evening that i was going to test it
because quite honestly i didn't believe
it
the route that that we took in
experimenting with
nutritional supplements was to
go with minerals to go with a good
strong antioxidant combined with
ginkgo biloba and to go with the
multi-enzyme and the elimination
of as much sugar as possible out of
these children's diets
the word just kind of spread word of
mouth and
the result has been over a period of uh
10 or 12 months now dr
wallach that i receive phone calls every
day
letters people calling me psychiatrists
medical doctors neurologists
pediatricians all wondering what we're
doing
i'm not even sure i believe these
statistics myself
i feel blessed by them but i have not
had
one single case reported to me
not one that a child has had to go back
on ritalin

after going on to these nutritional
supplements
what a blessing that is you can take uh
comfort in knowing that i had the same
results
never had to have a child go back on
ritalin
the the caveat here again the the the
thing that you have to have everybody
agree on
that the whole family has to be aware
have to educate the child that there is
a
connection between sugar and their
negative behavior kids don't like to be
different
as you know kids don't like to be behind
in class
and kids don't like to be a non-learner
and so once they really
get down deep inside of them this
knowledge that sugar
is a very negative thing for them when
you get them at a young age and the
whole family does the same thing
it's very very easy to get them on the
right road and stay on the right road
my own son who was i guess about six
years old we figured this out for him

we started looking at health food stores
you're able to get hot dogs for instance
without corn syrup in it you get pure
beef pure chicken pure
turkey pure lamb hot dogs uh when he got
to be nine years old he'd go out with
the cub scouts
and i used to make brownies out of the
roasted carob and out of
rice flour and so forth and he could
take his
brownies that had a nice pecan half on
the top of each brownie
and his hot dogs and go and do his thing
with the cub scouts
and know that he couldn't eat anybody
else's hot dogs he couldn't trade
he couldn't eat their twinkies but he
could eat their brownies and because
they were so special
i had to start making more of these
things so the whole cub scout troop
wanted them um it was fascinating to see
the change in the whole troop
we have a problem in the united states
with prescribed
drugs and children right now it's
reported
and i can believe it that adhd is
america's number one

childhood psychiatric disorder and in
some
areas of the country the uh the
percentage of children that are taking
ritalin has reached
seven eight percent uh over 2 million
children on this i am absolutely
convinced
by the hundreds and hundreds of people
that i've talked to that
it is not necessary oh absolutely and of
course the reason max is
that uh per person in america now this
does not exclude children it doesn't say
per adult so it says per person
there's 148 pounds of sugar per year
consumed
per person now there's some poor kid out
there eating 300 pounds because i don't
eat any
right and my son doesn't need any i'm
assuming yours doesn't so there's
you know there's six people out there
who are eating 300 pounds of sugar per
person
and it's pretty scary and another fact
which is even scarier to me according to
experts
uh juvenile and childhood experts

one-third of american children are going
to be in a juvenile court this year
1996 because of behavioral problems
because
of some kind of criminal behavior
whether it's
you know burglarizing neighborhood
houses or
assaults or murder or manslaughter
these kinds of things destructive
behavior and
you can attribute most of this really to
this 148 pounds of sugar per kid
and the fact that our foods are totally
deficient in
minerals and that if you don't
supplement these kids with lithium
chromium and vanadium zinc
sulfur things like copper magnesium
manganese and so forth they get
all kinds of physical problems as well
as mental ones
and i have to ask you have you had any
any
rebellion from parents who say well gosh
this is so expensive or
our insurance will will pay for the
ritalin and we have to pay for the
vitamins and minerals
i really have not i've i've found that

parents
really are anti-drug for children they
don't want the kids on drugs and you're
exactly right these children do not want
to take ritalin
in fact i am working with one the school
nurse
whose job it is every day to stand at
the head of this
queue of children all lined up to take
their meds
as they're called and they have to be
supervised of course because it's
controlled substance
she says now that she actually has to
put her fingers into their mouth
to ensure that they are in fact taking
ritalin
because they don't want the drug you
know i i hope she's washing her fingers
between each child
max hang on this is dr joel wallick your
host of the wellness hour
and we're going to be right back after
this message
jerry you're on live with uh dr joe
wallick at max james your question
please jerry
i'm a judo coach and i have several

students that are
obviously suffering from add uh what
what kind of information can you give me
on that
as you know dr wallach an awful lot of
these children that are adhd become
great athletes because of the
frustration and
energy that fills up inside them the
anger of having to deal with the problem
on a daily basis
certainly was the case with my son and
so we find a lot of adhd children
in judo classes and and they also become
great entertainers
again because of this energy but one out
of every three is going to drop
out of school and if they carry this
into adulthood the national statistics
are that
one out of every 10 will attempt suicide
so my recommendation is a couple of
ounces of minerals
each day for these children we believe
that the antioxidant is very important
to help clean up the free radical damage
that's
going on inside their little brains and
we combine that with the ginkgo biloba
and then we think that the multi-enzyme

to help them metabolize that sugar that
they're going to get we just
can't seem to eliminate enough of it
it's very important
okay thank you does that help you out
yeah that helps me quite a bit
and i'm going to try it out with a
couple of the students that i have in
mind and um
i will definitely let you know how it
went yeah great and then of course you
want to
have the parents go through those boxes
of right of all the items that have
sugar on it or
give them 10 cents for every different
can box
bottle or bag that has sugar in it you
know something some incentive
and you'll be amazed it'd be a lot of
fun right great appreciate it okay jerry
thanks
okay thank you yeah max if you had to
have
one recommendation for parents when they
discover usually parents discover on
their own that there's a problem or a
teacher tells them
personally i like to keep them away from

counselors and shrinks because they
invariably direct them
and convince the parent it's the right
thing to do to get them on ritalin
and i feel if the parents are really
interested in
in the child i i give them the advice
without suggesting that they go to a
counselor
or a shrink how about yourself a major
concern here over this child's
self-esteem
it's a problem that that can be dealt
with and it's going to require a great
deal of patience and a tremendous amount
of love for that child
but that i believe that the problems can
be overcome
without drugs and that the problem can
be overcome with nutrition and number
one
you must reduce the amount of sugar
number two because you cannot reduce all
the sugar
you've got to do something about the
negative impact of the sugar
and so we start just with that
recommendation diet diet diet
and as you point out it's a lifelong
process and

some get it and some don't it's really a
sad thing
and again i i attribute to the kids who
don't get it
is because the family is not willing to
give up sugar in their own lives
and give the support that's totally
necessary for the kid and do the
education that's necessary
to have the child make the association
between sugar
and the negative behavior we've also had
great experience by the way
in going to the doctors uh not being a
medical practitioner myself i'm very
careful of course
when children are on prescribed drugs
and and i suggest to the parents that
they
go to their doctor and tell the doctor
what they want to do
tell the doctor that they want to try an
alternative and dr wallach i simply have
to say this that
there have been no long-term studies on
the negative effects
of ritalin or xylar or some of the
others that are used and
it seems to me that there's something

wrong with a picture that says
we put adults in jail for possessing
this drug
and yet we're forcing our children to
take it on a daily basis
uh you know there weren't any pharmacies
in the garden of eden
and i've just got to believe that this
can be handled
using natural uh supplementation
you're absolutely right and it's a
matter of giving up that sugar 148
pounds
of sugar per kid per year and uh
supplementing them properly
i've just seen such wonderful results uh
with pills
it used to take me oh somewhere around
oh anywhere from four to six weeks to
see some real progress
because you can't absorb the elemental
forms of minerals very well
even children only would get eight to
twelve percent but with minerals i've
had so many parents come back to me and
say
hey in 72 hours this kid is just a
different child
the teacher asked if this was the good
twin

and i'm sure you've seen the same thing

i have indeed my

brother is a doctor back in memphis

tennessee and his children

suffer from this malady and they have

seen results

overnight often i hear by the next

morning

a perceptible change in behavior

it's uh it's truly a blessing doctor

walk so people have everything to gain

nothing to lose by doing this

amen absolutely and we just want to

thank you a lot to

max thank you for sharing this time with

me yes and

appreciate all your experience

max james has taken this mission upon

himself to educate as many parents as he

can

please turn to side b to hear more about

god's recipe

[Music]

during a recent phone session parents of

abd children met with dr chris van

overen

and max james bobby would you mind

leading us off oh not a bit

oh fantastic i am so excited to be able

to share uh
the wonderful things that have happened
to my daughter
she started showing signs of add when
she was in first grade
and in second grade she started out
above level in reading and ended up with
below level at the end of the year
there were a couple of other children in
her classroom that that also had the
same problem as katie
and between all of them mixed together
it was a pretty hectic classroom for the
poor teacher and by the end of the year
she was doing cartwheels in the back
room and
the whole nine yards and not really
learning anything and she was also
having
social problems she was having these
fits of rage
she couldn't hold friends because of the
rage that she was showing and the rage
was coming out at the family and
uh on her sister and she was just a poor
thing was in trouble all of the time
you'd ask her to do a specific task and
go and check on her in about 10 or 15
minutes and and the poor little thing
was in a trance i mean it was like she

was staring off into space and
it's like honey why haven't you done
what we asked you to do you know you've
been in here for 15 minutes no mom i
just walked in the room
and she was very honest you know you can
tell when kids are fibbing and she was
very very honest with
the fact that she felt that she had just
walked into the room
so this was long before i found these
wonderful products
the multi-enzymes and such we started
working with a naturopath and
and she did help us she said that you
know a lot of times it's with food
allergies that these things occur
and so we did change her diet and so on
and so forth but
when we started on the minerals and the
enzymes and the
proenthal cyanidine product that has the
ginkgo biloba
for the brain etc my daughter just came
up
a hundred percent better than just
with changing her diet and in two weeks
her teacher called me
at home during the day it scared me

because i thought something had happened
and
she said mrs mcewen i i
would like to know what it is that uh
you're doing different with katie and
and i said well in in what regard you
know after having so many bad phone
calls
you know with a child with atd you kind
of don't want to volunteer too much oh
gee what have we done now
she was wonderful she says i don't know
what you're doing with her and for her
but whatever it is please
don't stop she says please do more she
said katie is
focusing in the classroom and she is
her attitude towards the other children
is changing and she's calming down
and she's actually grasping onto
concepts now and i said well gosh it's
only been a couple of weeks since we
started her on these new products these
natural health care products and she
said wow
i don't care what it is that you've done
i am just so excited she said i'm really
beginning to see
what a wonderful child katie is and you
told me that at the beginning of the

year that she was really a wonderful
child but
because of these problems and stuff um
with her add
it's hard to get to know the real katie
like you have the chance to at home and
she says
i'm just so excited that i've had the
chance to get to know the real katie
underneath the problem she said this is
just wonderful and
the year has continued to progress and
she is just doing absolutely wonderful
she has
several friends now she's become quite
popular in school and
she's doing much better on her homework
and and we're still working with some of
the backlashes of the add
but katie is definitely a success story
and we just started her on these
products
and so we haven't had her on them for an
extreme amount of time before
you know we're very pleased thinking
that she's
just about cured from the 80d symptoms
oh that's a fantastic story
fantastic jackie why don't you do the

same

just tell us what's happened in your

special family with

adhd and nutritional supplements okay

i have a son who is 14 right now and he

has

had add since he was teeny

he was one of those kids that was

hyperactive and couldn't sit still

and loved to experiment and was always

breaking everything in the house

we had trouble with the frustration

mainly

everything he tried to do was so hard

for him and he would get terribly

frustrated

when he was learning to read he would

read a word fine one day and

he wouldn't remember it the next he

couldn't remember the multiplication

tables

when he was spelling he'd drill and

drill and drill and then

he wouldn't remember it the next day and

it made him so frustrated

and so usually with his schooling he

would do 10 or 15 minutes and get so

frustrated

he would go out and jump on the

trampoline he's very good at that

um also another thing he used to do is
when he got really frustrated he'd kind
of almost roll up in a ball and say i'm
so
dumb i'm so dumb i can't i can't how
come i'm not like anybody else and it
was driving me crazy and i felt like i
needed to put him
on uh some kind of drugs just because
his
life seemed so miserable and we really
didn't want to go to ritalin
and so we kind of worked with him and
worked with him until we found
these products and it was amazing we
gave him the first dose
at night and the next morning when we
sat down to do we do scripture reading
first and when we sat
down to do our scripture reading he took
his turn and he read
fluently not one word at a time not sort
of sounding him out looking at him as if
he had never seen them before
he read fluently just as fluently as
could be
and we were just shocked because this is
he'd only had
two doses you know night and morning

and then he sat down at the computer and
typed a story and this story ended up
being he typed that day for like
six or seven hours was a little while
off for lunch straight through
when he came across a word he couldn't
spell he'd always just
fly into a rage this time as he came
across the word you couldn't know
he'd either spell it the best he could
and then use the spell checker or he'd
ask somebody
and go right on no rage no
frustration and his story is absolutely
amazing he
um sent it into the contest
right now he won first place in the
local contest and it's in the statewide
contest right now
it's an amazing story he did a fantastic
job
and i can always tell if he has
remembered to take it or not
because if he hasn't taken it then
little things bother him like he can't
find his shoes and he'll he just gets so
frustrated and so angry and all you need
to say is hey
did you take your stuff did you take
your pills nope

it's just really easy to tell you it
made a huge difference in his life
oh what a fantastic story great great
story oh thanks jackie i really
appreciate you sharing that with us
that's great yeah dr chris yeah any
particular thing you'd want to add into
that that's classic
or that you've observed well i i'm not
exactly
sure why sugar is the is the main
problem there are a few
a few concepts that we're fairly sure of
and that is that refined sugar
is the main culprit because it gets
metabolized
in the digestive system much quicker
basically raises havoc with the rest of
the
of the metabolism of the sugar and it
causes a very
high influx of insulin
to regulate this immense absorption rate
of the
refined sugars that's basically the
mechanism involved there is that we're
just in
primarily we're just taking in the
incorrect form of sugar which

we were never intended to receive that
way we were intended to receive sugar in
a natural form
like from fruit or vegetables and so now
what's happened is
through that violation the digestive
system
is imbalanced you might say its ability
to
tolerate these sugars has decreased
and then of course that leads into
dysfunction where the enzymes come in
is twofold one is to try to help
the body recover from this dysfunction
by providing enzymatic action with the
sugar
that is inevitably going to be a part of
our diet
and and thus helping to regulate the
metabolism better
that's the primary function of how that
does that
the second deal is what it also does is
it sort of gives the body
an opportunity then to heal up certain
aspects of the digestibility of these
sugars
by providing its own enzymes
when you have a dysfunctional system it
takes time for the body to heal

and and getting this extra help from the
enzymes
is uh it gives you this this extra time
and ability for the body to heal it up
so it's it's a two-fold situation and
it's in conjunction with
a person having to reduce the amount of
these refined sugars in their diet
and then supplementing in the enzymes to
help the body recover
and bring it back into balance and also
help regulate
normal metabolic process of the sugar
fantastic chris thanks you related that
to the to the cofactors
because it is required to be metabolized
so much it depletes the body of the
cofactors and co enzymes or coenzymes
are vitamins and cofactors are minerals
so that's why the minerals fit into this
program is that
you end up depleting or utilizing the
minerals available in the body just to
try to maintain as long as it can while
the person is
is taking in these these processed
sugars or violating
natural digestive processes so if you're
depleting

your vitamins and your minerals and your
enzymes it's somewhere along the lines
it's just going to raise havoc and
something's going to give
and in this case it's add so the remedy
nutritionally would be to supplement
back in the vitamins
and the minerals or the enzyme cofactors
and coenzymes
along with the food enzymes to bring the
body back into balance
dr chris what about the antioxidants
and what benefit we may be receiving by
the people that that are added
well the antioxidants of course any
anytime that you're going to have tissue
dysfunction
you're going to have inflammatory
processes going on
more than likely and of course the
antioxidants do have an effect on
inflammation
in attempting to reduce it thereby also
trying to bring back into balance normal
function
the things like ginkgo have elements of
them that get into the brain
to help in the tissue in that particular
organ
so there's a relationship there i think

between utilizing antioxidants
and also getting into specific regions
of the body or specific organs for
example the brain with ginkgo
and this helps them to bring back into
balance the normal function of specific
tissues or organs okay
i've got one last one for you chris uh
children are getting the attention here
for adhd what about taking this
malady into adulthood what's the story
there
is it curable do we just learn to deal
with it what's the situation
the basic premise is the body's a
self-healing organism and
in order for it to continue to maintain
its natural processes of self-healing it
needs to be fed
and if we continue to feed it
appropriately it has its best
opportunity then to maintain
proper health that transcends all age it
doesn't matter how old you are
i think that the the the answer is
basically the same thing
right fantastic chris thanks very much
sure appreciate your time
okay thank you very much we'll see you

soon okay bye-bye well let's see
mike hort hi max how about tell us
what's going on in your family
travis uh is a five-year-old young man
great personality we have managed
to keep him away from the thought of
having to take riddlin
by natural means first we took sugar out
of his life
at about three years old travis had some
challenges and whenever he had sugar
he became a totally different person
everybody out there listening
if you're listening to this because you
have a challenge you already know all
the stories
you know what happens you know what
happens in school you know what happens
at home
you know what happens to the character
of of the persons we're talking about
it's not just travis
this this is happening to children all
over america he said with sugar we
controlled it a lot we changed his life
a lot
only half as much as his life changed
when we were able to give him
minerals enzymes
and opc's the the group together

really made some major changes and i
want to say when we first started giving
him the products
we half-heartedly gave him the products
and we seen minimal change it wasn't
until we
got really regiment about given him
these products all day every day
and what i mean by that is by giving
travis these products three times a day
or if it took four times a day um you
could tell when
when there's a mood swing and there's a
a change that started to come off
uh we made sure that he had an enzyme
whenever he ate anything if it was a
piece of toast he had an enzyme
he had minerals at least twice a day and
opc's at least twice a day
what a difference he he said little
gentleman
all of the things that we were
experiencing
that could have led us to other means of
you know what a lot of other kids are
having to take that i know some other
programs are
trying to get all kinds of other types
of programs going

but we combated it naturally not even
knowing
that we had the major problem so we're
like so many others out there
we think that our child is just maybe a
little more excited
a little more ornery than others and
that's normal
we think it's normal because there are
so many other children out there that we
can compare him to
so we think that's normal and what we
have to learn is it's not normal it's
common
there's a lot of other people out there
a lot of other children or or
even adults that we can compare it to
that makes it common
but not normal so to keep that in mind
there's
there's a problem that needs to be
addressed
and there are ways to address it
naturally it's
it's really wonderful oh that's a
fantastic story
joanne yes we understand that you've got
a wonderful story to share with us
about nutrition in your family and adhd
we started about four and a half months

ago and this has been the greatest four
and a half months we've ever had ever
my son is six and a half years old in
fact i had talked to jackie roland
about natural things to help for the the
add
and this is what she told me about and
at that point my son he's in first grade
the principal was bringing him to my
work
to get him out of the school he was
running away from school
he was talking back to the teachers he
was a severe discipline problem almost
to the point of being kicked out of
school in first grade
that was the main thing we had just
taken the the written test through the
school
for add the teacher made it out that he
was an extreme discipline
problem and that he must we had this
meeting they said i must not
uh discipline him enough i must not be
structured enough with him
all these things that were my fault that
were his fault
and right after that meeting was when i
started the pills

and i started with one a day and i
didn't see much difference for about a
week
and so jackie told me to try two
and so i tried two pills a day
over the weekend and then that monday
from that time period on
we have had perfect behavior all the way
through
he won a little pin from the principal
for his outstanding work he got a trip
to sam's town
all paid for by the principal because he
has done
so fantastically they're on a green card
yellow card red card system green card
being the best he used to be getting
he was getting two to three red cards
and a yellow card
every week which was bad and
he's gotten one red card in four and a
half months
his teacher says that she wishes that
she could get this stuff for every kid
in her class
just everybody comes into my work every
day i hear it
i hear feedback of how great he's doing
what is he doing what are we doing
it's it's fantastic oh that's a

fantastic story

i've learned a lot tonight and i very

much appreciate your

being willing to to share all of this i

think

one of the things that i'd like to kind

of end with here

is zoen said thank god and it seems to

me that

we have properly titled what we're doing

and the success of this formulation

and this combination of natural

nutritional supplements

with the 8 10 15 calls i got today and

the hundreds and hundreds of parents and

children now that are benefiting from

this

we really can i think in good

consciousness call it god's recipe

and what most of us are doing is

two ounces of these minerals

spread during the day maybe first thing

in the morning and then sometime

mid to late afternoon 40 milligrams

of this proanthocyanidin preferably

one that comes from grape seed extract

in combination with ginkgo biloba

and we think that you should take those

roughly at the same time

that you take the mineral
supplementation
and then lastly because there is no
question that
sugar is a major culprit in adhd
and add we need to eliminate sugar as
much
as possible from all of our diets but
particularly from the diets of those
that are very sensitive
and impacted negatively by sugar
and in order to help ease the problem
of the sugar that we are unable to
eliminate
these multi-enzyme capsules are
phenomenal because as dr chris has
told us tonight they assist mightily
in metabolizing the sugar and getting
that whole digestive process
and the reaction of digesting sugar
under control so that we don't get the
mood swings
and the metabolic swings so we call that
god's recipe
hopefully with the information that you
have been kind enough to share with us
tonight
the recipe will spread and the resultant
blessing will occur to as
many people as possible so i would just

say again thank you

[Music]

to discover how you can start your

children on god's recipe

contact the person who thought enough to

give you this tape all proceeds from

this tape are donated to add

research

information and statements regarding

dietary supplements discussed have not

been evaluated by the food and drug

administration and are not intended to

diagnose treat cure or prevent any

disease

you

prevention my name's dr nancy and as a

dentist i know better than

most people about preventing cavities in

tooth decay

what about prevention for any sicknesses

or illnesses

we all have choices and due to a lack of

awareness

or knowledge some of us make poor

choices

it's a privilege for me to introduce dr

joel wallock he has co-authored 10 books

with his wife dr milan

he's been a naturopathic doctor for the

last 30 years
he's been a veterinarian for almost 50
years
his world famous said doctors don't lie
audio cd
has sold over 160 million copies
worldwide
and he talks every day two hours on a
radio talk show
monday to friday about health and
answers questions from the public
world over for the last 16 years
he's done over 20 000 autopsies on
animal and human
he's a postdoctoral comparative
pathologist he's done 10 million lab
chemistries
he's been nominated for a 1991 nobel
prize
is there anything that he might not know
i'm not sure
so please join me in welcoming dr joe
wallick
thank you dr emcee appreciate your help
and appreciate you being here so early
in the morning
and as both john and dr nancy said this
is a choice
we can't say if we cannot save everybody
even though we'd like to do that

um this is a as darwin
said it's a struggle if it's a survival
of the fittest and the physicists
sometimes are mentally fit
as well as physically fit so
again the thing that makes my view
different is that i am a veterinarian as
well as a physician
and in veterinary medicine we don't have
health insurance
and that's been a saving grace for the
veterinary industry that we don't have
health insurance for animals
there's no law requiring medical doctors
to cure you when there's a cure
available so they don't they've learned
how to gain the
insurance system whether it's health
canada or private insurance whether it's
social security and medicare in the
united states
or private insurance they've learned how
to game the system
and they have learned how to use the
patient
as an atm machine we don't like to say
that we don't like to believe that in
our heart of hearts we'd like to believe
that the medical system works because

they're altruistic and they're out there
trying to help people
and they get rewarded because they're
doing good things
of course that's the way it was many
years ago but not today unfortunately
and i'm going to use some things that
are proof because if i were just to say
these things you'd say ah this guy's
been
doing something funny sniffing glue or
something right so we're going to start
out
with this which is a cover story time
magazine december 2008
the sorry state of american health and
you could also add the sorry state of
canadian health
all right the sorry state of america and
canadian health and despite advances in
medicine americans and canadians are
less healthy than we used to be
the next generation our kids are gonna
be worse off how many of you heard that
our kids might not
live as long as us raise your hand okay
that's a good two-thirds of the people
in the audience
well my favorite nobel prize winner
albert einstein said many global things

which are unimpeachable
my favorite is insanity is doing the
same thing over and over and expecting a
different result
now that prediction that our kids will
not live as long as us
will come true if we don't change what
we're doing if we keep doing what we're
doing that prediction will come true
and statistically 50 of you in this room
will be standing at gravesite burying
your children before you die you will be
burying your children
so we must change what we're doing
because whatever we're doing has failed
us
anybody here own a dog anybody own a dog
okay i'll take
char here in the front row you own a dog
what kind of dog is it is a toy
dog or is it okay little poodle toy
poodle
what's the dog's name coco puff
obviously you love cocoa puff
is coco puff a boy or a girl he's a boy
okay
your boy toy right he's an it okay he's
been
fixed okay um

and do you feed coco puff
commercial dog food or you give them
table scraps and garbage
commercial dog food okay with a
supplement
specifically for dogs now do you get dog
food for his body weight or you just
feed them whatever is cheapest and
for small dogs okay because dog foods
are blended for
giant breeds over 100 pounds 100 pound
dogs middle sized dogs 35 to 50 pound
dogs
toy breeds under 20 pounds toy breeze
under 10 pounds
and that's because you have to be dose
specific for nutrition to work
if you feed a toy dog dog food for a 50
pound dog their teeth fall
out they have back problems heart
problems they die early now
following the right rules with dog food
we've tripled the lifespan of dogs in
the last 60 years six years ago an old
dog was eight today an old dog is
25. we've eliminated 900 different
diseases and dogs that still plague
people
we've eliminated every birth defect you
can name in dogs that still plague

people
10 times that many that you can't we
didn't do that with genetically
engineered proteins stem cells
organ transplants and wonder drugs we
did all these wondrous things
simply by adding all the known essential
nutrients and optimal amounts per body
weight and dog food
as a kid it always seemed odd to me that
we would do that for animals and
nobody's doing it for people
so since 1978 have been doing this for
people as a
licensed naturopathic physician now
there's two
questions we need to ask char here now
what would happen if you would feed
cocoa puffs only garbage
you'd say okay i'm you know i don't want
to cut back on my electricity use so i'm
going to go around all my neighbors and
pick up their leftovers and table scraps
and garbage
and feed it to cocoa puff would you do
that what would happen to cocoa puff if
you ever do that
he would sit and die early right
wouldn't live to be 25.

and so here comes the ultimate question
ladies and gentlemen how come that we
eat you eat you feed your kids your
grandkids food that will kill a dog
most people don't realize that they're
eating food that you wouldn't feed your
dog
sure got quiet in here because most
people don't think of it in that fashion
so we created we call 90 for life it's
the 90th century nutrients appropriate
for body weight for human beings
16 minerals 16 vitamins 12 essential
amino acids 3 essential fatty acids
and this is designed to be fed to us as
a supplement to our food
by body weight just like we do for dogs
they're called 90 essential nutrients
because we cannot make them we must
consume them every day either as food or
supplements number two
if they're missing for a length of time
seconds minutes hours
days weeks months years they're missing
for length of time you get horrible
diseases many of which are fatal
certainly many are debilitating so can't
make them and we get disease if you
don't have them
now we need 60 minerals again 16

vitamins 12 essential amino acids three
essential fatty acids
and our food plants our grains
vegetables fruits and nuts
are able to take carbon dioxide out of
the air use the sun's energy in a
process known as photosynthesis
to cleave off the o2 pump that back out
in the atmosphere take the carbon make
long chains
and manufacture or create vitamins amino
acids and fatty acids for their own use
and we're able to eat the plants and get
those things now plants only need
three minerals plants only need three
minerals plants needs
phosphorus potassium and magnesium
magnesium makes chlorophyll
makes the leaves of the plant green okay
able to use the sun's energy the sodium
excuse me the
potassium and the phosphorus
are necessary for the growth processes
cofactor for growth
hormones and growth physiology and
metabolism of a plant
and so those are the three minerals
plants need
we as vertebrates all vertebrates

whether you're a hummingbird or a snake
or a human being or griller an elephant
or giraffe
rat doesn't matter we all need the 60
minerals
and so if you eat a pretty good slice of
organically grown multi-grain bread
baked with love by the pastor's wife in
the church on sunday
your 57 mineral shark
that's why there's no flourishing colony
colonies of third generation vegans
find me a third generation flourishing
colony of vegans where there's hundreds
of giggling kids running around
there are none not because veganism
can't work
is because nutritional minerals do not
occur in a uniform blanket around the
crust of the earth they occur in veins
like chocolate and chalk ripple ice
cream
and so some people luck out and by dumb
luck
they set up forms where there's minerals
in the soil
everybody else who gets cheap land or
whatever suddenly they don't get much
all right they're in trouble this is a
corn field in western nebraska

not too far southwest to here
and it looks like to the naked eye that
these rows of corn are pretty uniform
you can't tell which of those rows has
16 minerals if there are any rows in
there with 60 minerals
what if they only have 22 if the top
mineral row in that field has 22
minerals and all the rest of them have
three and five and six and eight
now the farmer knows this so is he going
to risk since there's no insurance to
pay for illnesses
and livestock is he going to risk a big
veterinary bill and go broke that year
no it's much cheaper for him to give
every animal than 90 essential nutrients
and prevent all diseases it's much
cheaper to do it that way
you cannot feed animals right and 100 of
the time get a perfect diet because
nutritional minerals do not occur in
uniform blank around the crust of the
earth they occur in veins like chocolate
and chalk ripple ice cream and the same
is true for us but out of
i don't know laziness of thought or
we've been duped or however we want to
say it

we believe if we have good insurance be
it government or our private insurance
that everything's going to be fine
because if you get sick then you just
have insurance pay for the care
well i'm 72 years old i've been taking
the 90 cents of nutrients twice a day
since i was 9.
i haven't been to a doctor in 64 years i
haven't been sick in 64 years
i don't have a single health problem
i've never been on a prescription
medication
if everybody was like this
guess what there would be no medical
profession because there would be nobody
paying medical bills
do you understand what i'm saying we
have to be responsible for this because
the doctors are enjoying insurance too
much
they use use an atm machine we don't
like to believe that we would like to
believe in our heart of hearts that
doctors are nice people
they go to our churches they're our
neighbors in some cases our kids our
relatives
but they all learn how to game the
system this is a canadian

wheat field in western canada
you can't tell which of those windrows
has the most minerals in it
they all have at least three we know
otherwise there wouldn't be any wheat
there
but which one has 60 which one has 22
which one has 18.
you can't tell by looking at it so the
only way you can assure you're going to
get all 60 essential minerals
to prevent 900 different diseases as
we've done in the livestock
is to supplement you cannot eat well
organic foods do not give you more
nutrition all they do is guarantee
less chemicals a lower chemical load
reduce your risk of cancer from too many
chemicals that's a good thing but it's
not the only thing
there's nothing worse than lowering your
chemical load by eating organic at a
high price
and then dying of a heart attack because
you ate food that didn't have any
selenium in it
raise your hand if you've ever heard
that brazil nuts have lots of selenium
in it

well that's a lie brazil nuts don't need
selenium
brazil nut trees don't need selenium so
how can you look at a brazil nut and
tell me how much selenium is in there
are you prepared to risk cheating your
kids and your grandkids
out of 25 to 50 years of healthful life
risk having them die of a heart attack
or liver cirrhosis get cataracts and go
blind
get cancer because they didn't have
enough selenium because you're giving
them brazil nuts
because some clerk in a health food
store told you you're getting plenty of
selenium
and brazil nuts bam you're dead
that's a test for heart health
[Laughter]
this is a satellite picture from 100
miles up
of agricultural land in southern
california this is the salton sea
which is about one tenth the size of the
great salt lake in utah
and this is land agricultural land again
in southern california
the arizona border
is just east of here over here someplace

and this is um winter time
the fields have been burnt they're naked
here they're getting prepared to put
fertilizer and seed in there
and look at the different colors look at
all the swirls and veins and things just
like chocolate and chocolate ice cream
and you look at this all the different
colors they represent different minerals
different mixes of minerals
and so if you were to grow sweet
potatoes in every one of those areas
or onions our tomatoes our beans and
peas or squash or corn but every row
contain the same amount of minerals in
the same variety of minerals the answer
is no
again in agriculture we know this and
since we don't have insurance to pay
for the results of not being proactive
here and supplementing with all
60 essential minerals and all 90
essential nutrients
we have to supplement otherwise you're
going to get sick and die
early we're supposed to be the top end
of the intelligence change here ladies
and gentlemen
and anybody who tells you you can eat

well
and get everything you need you should
flee from them as fast as you can
because they've come from the ship of
fools okay
you do not want to risk your life your
health in the life better yet the
or worse yet i guess the life and health
of your kids and grandkids
do not do that
it's worse than playing russian roulette
at least if you lose with russian
roulette you die suddenly
this is what makes youngevity different
this is a
plant compost from thousands of years
ago
we know this because this cap here 25 to
50 foot thick
is a cap of limestone we know this
because there's marine
animal and marine plant fossils in there
so we know that this compost is at least
millions of years old
and is composed out of plants from the
era and there's 77 minerals in there
it's been certified organic every year
for 35 years and this is the core of
everything we do
so we guarantee you 77 minerals

including all 60 essential minerals
every time you supplement with our
program
our 90s for life are 90 essential
nutrients
mighty 90 in churches they call it the
almighty 90.
this is what makes our program different
nobody else has this
this looks like a pretty good meal for
the average person
you see the grilled chicken breasts but
you can see this burnt fat here the
grill was
a grill burnt the fat in those lines
well that turned into heterocyclic
amines was one of the most egregious
cancer-causing substances ever
is more dangerous in for forming cancer
than all the chemicals that dow chemical
could put together
and people voluntarily eat that way okay
you shouldn't be doing that
we know that there's at least four
minerals in here there's sulfur
in the essential amino acids in the
chicken breast not a lot but there's
some sulfur in there
methionine cysteine cysteine then

there's magnesium because it takes
magnesium to make broccoli green
all other plants the green is only in
the leaves
broccoli is one of the places where you
get some magnesium in the actual plant
you know the food itself
then all other plants on here the rice
and the berries and the melon and the
carrots
and the cauliflower require
potassium and phosphorus so you have
potassium phosphorus
magnesium and sulfur so we know there's
four minerals on this dish that's all we
know
we know some amino acids and chicken
breasts we know there's some
antioxidants
and those berries and melon how many
how many antioxidant measured by org
points are in there we don't know
if you knew if you take a hundred
thousand orc points
a day in antioxidants it would eliminate
cancer
totally and nobody in your family would
get cancer if they all took a hundred
thousand org points
how many of you would demand to know how

many org points are in those berries
well be pretty expensive to
analyze each batch wouldn't it i'm going
to analyze each berry at 2 500 bucks
and it's not going to happen okay and so
what's going to happen is
as you'll see in a moment we have
products that two
units of the product which are about the
size of a pad of butter have 33 000 orc
points
so i need to do is take two three times
a day which i do i get over a hundred
thousand oreck points from this dark
chocolate product
called triple treat chocolate
and it's a fun way to lower blood
pressure get your org points get over
100 000 work points
and add 25 to 50 healthful years of your
life
why would you hope and pray by eating
i'm eating dark berries there's lots of
antioxidants what does lots of mean how
close to a hundred thousand does that
come
is there 25 in there is there 50 is
there 200 is there a thousand that's
still

99 000 short the only way you're going
to guarantee you're going to get all
essential nutrients and optimal amounts
is the supplement you must supplement
you cannot get everything you need just
by eating well it's impossible
now the problem we have in both canada
the united states and the industrialized
world
is that we have baby boomers the result
of the second world war when all the
boys came home
the second world war and
being born between 1946 and 1964
is this large bubble uh kind of like a
an egg going through a hose a garden
hose right
and there's 80 million baby boomers in
america
and 8 million baby boomers in canada
between us there's 88 million almost 100
million
baby boomers and on a couple more years
there's 100 million of us right now
this is a huge market and everybody goes
after it
so my wife and i as was pointed out
we've written
about 12 books this is our most recent
one it's called immortality what we did

was we
went through big universities
anthropology departments
through the national geographic 60 years
of natural geographics
and picking up uh information on the
longest lived cultures on earth
we put them all in this book i was
surprised that they didn't take all the
long-lived cultures that they featured
and cover articles and put them in one
one publication one magazine they didn't
do that so my wife and i did we gave
them plenty of credit
but they should have done a long time
ago so we put all 20 of the longest live
cultures in the world
that they've done great stories on over
the years plus we had a lot of stuff
from the agricultural departments to the
countries they came from plus
universities in those countries where
they did anthropological studies on them
first of all the top 20 longevity
cultures are all third world cultures
not a single
first world industrialized culture
that's in the top 20 longevity cultures
i found that kind of amazing no doctors

no pharmacist no pharmacies no
pharmaceuticals no hospitals no clinics
no private insurance no government
insurance the top 20 longevity cultures
on earth
they have five generations living in the
same household
no need for hospice no need for
recovery centers rehab centers no need
for day care
and the culture gets passed down through
five generations
they're uniform as a result they have 40
times 100 year olds we have
here in north america between canada
united states we have 100
per 10 000 according to harvard and
mcmaster medical schools we have 100
over 10 000
these cultures the top 20 longevity
cultures have 100 over 250
of their population i want to know what
they know
well it turns out they don't have any
utilities either
no electricity no propane no natural gas
their common fuel is wood
so we put a fire here on the cover of
the book immortality
uh to the fire icon to show that that

was very important
to longevity now why would that be
important anybody
raise your hand if you went to your
grandpa's house and he still had a wood
stove anybody remember wood stoves
am i the only one okay there's just i
don't know 10 of the people in the
audience still remember wood stoves okay
and what did grandpa do with the wood
ashes where'd the wood ashes go every
morning
into the garden now wood ashes are not
ashes
all the carbon in the wood was burnt and
the powder that's left
are the minerals that the trees sucked
up out of the ground now are all wood
ashes aka plant minerals
all over the world are they the same no
if there's only three minerals in the
soil the wood ashes only contain three
minerals
if there's 48 minerals in the soil the
wood ashes contain 48 minerals
so what would you suspect about the
mineral content of the soil in these top
20 longevity cultures
they have more than 60 minerals in their

soil according to the universities in
their country
their agricultural departments i didn't
have to do it was already done
i just knew how to ask the question well
they still put
the wood ashes the plant minerals into
their gardens and they eat simple things
like peas and beans and squash and
sweet potatoes and corn and so forth but
they're getting those minerals from the
soil recycled through themselves
all right now
there are places like somalia where the
average lifespan is 29.
there's places like costa rica
where the average lifespan is 90. now if
you take a newborn baby from costa rica
and the nikoi peninsula where the actual
culture is these along with people in
the coins
and you take that child that newborn
child down to somalia and feed him as a
somali and he's going to be 29.
you take his newborn somalian and take
him to the nakoya peninsula in costa
rica and feed him as a costa rican he
will live to be 90.
you see everybody has a genetic
potential don't they

if you're just getting bread and water
are you going to achieve your genetic
potential for health and height and
speed and strength and longevity
no you must have all the raw materials
to achieve your genetic potential
and being an expert in yoga and being
spiritually elevated doesn't give you
minerals
bam you're dead
now you must appreciate that they said
what about all these you know guys
living up in the mountains well
what are they using for fuel they're
using wood
they just happen to live in a place with
lots of minerals right that's why all
the
monks go there because that's a place of
long life they're not dumb they don't
know all the chemistry but they know
well people live a long time there
that's where i'm going to live right
okay it's pretty simple also these top
20 longevity cultures get all 90
essential nutrients
60 minerals 16 vitamins 12 central amino
acids three essential fatty
acids and they all do it different ways

because they live at different
elevations they live in different
countries and different longitudes and
latitudes
some live in jungles some live in
deserts but the common thread is they
all get the 90 essential nutrients
and they certainly get all 60 essential
minerals and so we tell you the recipes
and the foods they grow and the things
they do to make it happen
they all live on calorie-restricted
diets somebody've heard that a
calorie-restricted diet is very helpful
can help you live longer
well the reporters who talk about that
never give you the scientific details
there is a little caveat that goes along
with the calorie restricted diet
you must have a biochemically perfect
diet the nutrition in that diet must be
perfect
60 mineral 16 vitamins 12 cents amino
acids or essential fatty acids
then you cut the calories you're getting
optimal amounts of those 90 essential
nutrients it will double your lifespan
but if you don't have a perfect diet
biochemically and you cut your calories
in half you starve to death

there's a big difference between
flourishing and living a long healthy
life and starving to death
but you have to have the 90th century
nutrients now these people are
illiterate
they're all illiterate the top 20
longevity cultures on earth are
illiterate
so how do they know about
calorie-restricted diet it's a dumb
accident
they're so poor they can only afford 900
1 000 calories a day
the average canadian american live on
2500 to 3 200 calories a day
we take in three times the calories
these people do
they also don't eat any of the bad
things they don't eat fried foods they
don't eat any
or drink any carbonated drinks they
don't use cooking oils
not because they wouldn't if it were
available to them but they're so poor
they can't afford these things who's
going to build a drive-through where
there's no roads no money no utilities
if they built it nobody would come and

three guys on burrows going through
whether every day ain't gonna count
right
it's not gonna work the one interesting
thing we found was
they all take in 20 times the 50 times
the antioxidants that the industrialized
nations do
well as measured by auric points and
this was the national geographic
and the harvard and the mcmasters
longevity studies every year come out
they've taken twenty thousand fifty
thousand orc points a day
americans and canadians on the average
taken fifteen hundred one thousand five
hundred they've taken
twenty times the fifty times the
antioxidants we do is actually measured
by auric points how many heard of super
juices
goji mangosteen things like assai berry
pomegranates noni maki berry all these
really weird juices
well this is where they came from for
these long-lived
people people go visit them one if
they're eating these wild
these weird berries we've never heard of
that must be their secret and they bring

them home
and everybody still die at 60.
that's because you can't bake a cake
with one ingredient can you ladies
now let's say your grandma sent you her
favorite recipe
for a um an angel food cake
and you got the gold medal flower like
she said and you got the
c h sugar like she said you put in the
right land of lakes butter
pure dairy butter cream 100
cream butter and you got the
vanilla extract you put everything in
there
except you you don't like eggs because
you're going to be a vegan you left the
eggs out
would you have your grandma's angel food
cake
the answer is no you might have an agent
food crepe
it'd be an eighth of an inch thick and
taste like sawdust
but you wouldn't have grandma's angel
food cake the same thing is true for the
90 essential nutrients
and a hundred thousand orc points a day
so if all you're doing is taking the

hundred thousand orc points so you don't
have anything else the odds of you
living be 100 and health away
is zero
because just taking the antioxidants in
themselves without the 16 minerals 16
vitamins
12 essential amino acids and three
essential fatty acids you're still
way short of the nutrients you need to
reach your genetic potential
antioxidants alone won't save you
i can see by your faces you're all
staring at me like a deer in the
headlight with your eyes as big as
coffee cup saucers
like oh my god we never thought of that
i mean i
eat brazil nuts and maki juice was not
enough
let's see who lives the longest we'll
have some fun here
you would think if money and technology
and knowledge and access to the best
doctor's insurance had something to do
with longevity that billionaires
if you take billionaires as a group as a
subculture they would have the biggest
percentage of 100 year olds or at least
average lifespans wouldn't you okay well

forest magazine did that study i thought
that was the greatest i was going to do
it
and i kept writing for's magazine had
they ever done it and they said okay
wallet we're going to do it so i didn't
have to spend the money
this came out in 2004 they said they
asked the question what kills
billionaires
i thought that was great right and so
what they did was study billionaires
they said billionaires are killed by the
same unglamorous things that kill the
rest of us heart attack stroke
diabetes obesity um cancer kidney
failure
because they said they use the same
doctors as everybody else
now they said as of 2004 there's never
been a billionaire lived to be a hundred
and the average lifespan of billionaires
is 78.
the average lifespan of a falling down
red wine drunk from aurora ontario
is 75. you don't gain a whole lot in
longevity and health
by being a billionaire and paying for
the most expensive doctors

well they didn't like that so they redid
it seven years later
in march of 2011 they redid the study
again cover article there it is march of
2011.
still has never been as of 2011 a
billionaire lived to be a hundred
looks like warren buffett is not going
to make it and the average age dropped
to 66. now wait a minute in 2004 the
average life spent a billion
78 and following the doctor's
instructions they dropped to 66.
they lost 12 years in longevity
listening to the doctors
now would you want a doctor who brags
and he treats billionaires
[Laughter]
i chase him off my lawn with a chainsaw
right
this guy steve jobs died at 56 10 years
before the average he brought the
average down
[Laughter]
you see he was a vegan that's why he
named his first company apple he was a
vegan
and he believed in technology as a soul
he thought technology was it
and so he thought you could take a sim

card out of his belly and put a sim card
in
i guarantee he had more people looking
for his cure than anybody else ever on
earth
there was millions and millions and
millions of people because they knew if
they had found his cure
they'd be made a trillionaire wouldn't
they so here he they're
they're a little three years old while
they're texting they're wikipedia and
googling and
all this stuff looking for the answer
bam he's dead
at 56. now grandma was still alive and
he had gone to his grandmother
and she had given him chicken soup he'd
still be alive
but he got the best medicine that
technology could offer
and that's what killed him let's look at
athletes how many of you think exercise
is a healthy endeavor
i mean everybody says you know exercise
is good for you
exercise is one of the most dangerous
things you can do
jim fix came out with the concept of

personal fitness back in the 1960s and
his friends encouraged him
to write his book which he did in 1977
the complete book of running
and he's five years later when he's
running in vermont beautiful day like
yesterday i mean it's gorgeous beautiful
sunny day 50
degrees no wind and he was running
getting ready for the
olympics it was mid-september 1982 five
years after this book comes out
halfway through his race is about the
14th mile bam he drops dead
of a cardiomyopathy heart attack a
simple deficiency that trace middle
selenium
drops dead at age 52. well
the journal the american medical
association had endorsed his book right
away so when he died
at age 52 while he was running germany
american medical association
october the next month 1982 they did
their due diligence which they should
have done five years earlier before they
endorsed the book they said
while running a man's risk of heart
attack death increases by a factor of
700 percent

while running a man's risk of heart
attack death increases by a factor of
700 percent
so anybody who tells you to go out and
exercise is sending you to your death
now why is that
you remember there's this big hoo-ha
about neck injuries and concussions and
everybody think we're gonna have to have
new rules for blocking and tackling and
new pads and
new helmets and new gear and everything
and while they were looking into that
trauma part of it they were just looking
at lifespans
oh the sports medicine doctor said oh my
gosh we didn't realize it but the
average lifespan of us
of a cfeller right a canadian football
league player
is only 55. well the insurance companies
said we're losing money
we got to triple the premiums for their
life insurance if they're done at 55
we're losing money we thought they
literally 75.
we got to triple their premiums and so
they got their actuaries to crunch the
numbers and look and they said well that

number is not right
the average lifespan of a canadian
football player and american football
player is 51.
[Music]
now here's why it doesn't matter what
sport you play
how many raise your hand if you know
when you exercise or you do physical
labor in a factory or you're a roofer in
the summer time
you're working on roads digging trenches
you're throwing bales hey you sweat
how many know you sweat when you do
those activities okay good
well when you sweat what do people say
drink plenty of
water right drink plenty of water so you
can re-hydrate
that's what kills you again i'm getting
this deer in the headlight look
okay now the reason is this when you
sweat you're not sweating out water
you're sweating out of soup
contains every nutrient in your blood
and you replace it with water here
you're sweating out the soup and
nutrients
and you're replacing with water what's
happening to your nutritional

reserves in your body you're going and
there's not much nutrition in your food
if you're listening to the doctor and
just eating while hoping for the best
and you're replacing your sweat with
water what's happening your nutritional
reserves are going down
so a librarian lives to be a hundred but
never exercise
sits on their duff right in an
air-conditioned library and do nothing
you know they've got the kids carrying
the books for them now they're just one
finger
they do everything on the computer they
live to be a hundred
these athletes out there getting paid
they're getting the best nutrition they
have
personal physicians and team physicians
and they got all these
personal trainers and all the stuff they
lived to be 51
half the life of a librarian what does
that say for exercise
bam you're dead so we came up with a
sports drink that has a hundred
nutrients in it to replace everything
you're sweating out gatorade has two

bam you're dead so we came up with what
we call rebound
it has a hundred nutrients in it
including all 60 in fact
actually has 77 minerals including all
60 essential minerals
replaces everything you're sweating out
we are beloved by olympic
athletes professional athletes and
university athletes
okay who needs doctors u.s news world
report
february 2005 rated america's most
um credible print news source u.s news
report
special health issue who needs doctors
your future physician might not be a
medical doctor may be better off
do you think every medical doctor in
america made sure that was in their
waiting room that month
[Laughter]
i don't think so i think they probably
went around town bought them all up and
shredded them
now why would they do that that would be
an insane thing i guess every doctor
canceled their subscriptions
that's because they read the same
statistics now let's look at doctors

themselves
in my original audio cassette tape back
in 1993 i said the average medical
doctor elizabeth 58.
i did a study i just randomly took 200
obituaries out of the german american
medical association
added up their ages divided by 200
got 58. so why would you go to a group
of people whose average lifespan is 58
to learn how to live to be 100 doesn't
make sense to me
well that can't be right so they did
their own study they got 250 000 death
certificates
right we went back to the turn of the
20th century while wallach's
group was too small the study group was
too small
so they said wallach lied the average
primary care physician family doctor
doesn't lie at 58 like he says we die at
56.
they were so eager to show that my
statistics were wrong
that they failed to realize that they
showed they died two years earlier than
i said
so i'm here to apologize for giving him

two too many years

so again why would you go to a group of

people whose average lifespan is 56

according to their own studies

to ask for health information

pam you're dead now here's

socrates he's a brazilian international

soccer star he's a medical doctor

he's a primary care physician and a

soccer star he dies at 57 of a heart

attack

i mean he had a double whammy so he died

between 56 and 58.

this is out of a michigan newspaper

march of 2012.

11 year old woman this lady here in the

picture she's neil you know doing

needlepoint she works in her garden

every day

oldest person in michigan and they asked

her what do you do to live behind eleven

she says well i keep working she works

in the garden every day

and she says i don't go to doctors i

thought that was great

now this is my favorite obituary because

it tells everything

george francis was the oldest man in

america back in

2008 dies at 112. he's illiterate

a swamp rat lives out in the swamps
louisiana totally illiterate that's his
daughter in the picture reading the
newspaper to him because he can't read
he just looks at pretty pictures
right and he just lived on a little
subsistence farm living on crawfish and
and fried catfish and you know sweet
potatoes and garlic and stuff eating
like a cajun
and um the interesting thing about this
obituary the first paragraph said he
lived through
19 u.s presidents whose average lifespan
was 75.
his presidents have at least one
university degree many of them because
their lawyers have two and three
university degrees
he didn't even have kindergarten george
francis didn't even have kindergarten
now the medical doctors who care for u.s
presidents have at least
one uh actually they have two university
degrees many of them have three and four
because there are specialties their
average lifespan is 56 half his age
he has didn't even have kindergarten i
want to know what george knew

why did he live be 112 and all these knowledgeable people who know everything died 56.

how do you know they know everything because they tell you so before they die

okay okay now when they asked his daughter when he died when when george died they asked his daughter what's your daddy doodle it would be 112 and she said well he broke all the rules of health eaten

who came up with all the rules of healthy eaten medical doctors who died 56.

he broke all the rules of healthy when it died heavy on dairy eggs and lard sandwiches

anybody know what lard is lard it's pig fat

you see this oil thing is just in the last 60 years

60 years ago nobody used oil in cooking or on salad dressings or anything like that that's

all relatively new we threw the baby out with the bath water

after thousands and thousands and thousands of years of learning how to cook with cream and butter and lard and chicken fat and all that kind of stuff

and because we're so clever we went to
oils bam we're dead
because it's cooking with oils using
even cold pressed oils
at room temperature in the refrigerator
can inflame your arteries and cause
clogged arteries and stroke and heart
attacks
oils kill
sure got quiet here again i can always
tell that deer in the headlight look
i'm going to kill yourself cooking extra
extra extra virgin virgin virgin virgin
olive oil
cooking coconut oil take a tablespoon of
it twice a day you'll kill yourself
it'll be a long painful death you want
to kill yourself just shoot yourself in
the head get it over with quick
at least be merciful now the longest
person i've
i believe is the actual age is this gal
here
from indonesia and she's actually 159
now
two years ago she's 157 she's still
alive she's born in 1853
and we know this from her birth
certificate and her baptismal records

from her church
in indonesia it's a dutch reform church
in indonesia
now i guarantee you she has not yet
reached her genetic potential
very few people reach their genetic
potential for longevity that's why my
wife and i because of 88 million
baby boomers between candy united states
are coming up
with all these diseases and we have to
save
as many people as we can linus pauling
had two unshared nobel prizes
he died at 93 began taking mixing bowls
full of vitamins minerals when he was 20
years old because his passion was
nutrition
he never got a nobel prize for his
interest in vitamin c
but he got his first nobel prize for
doing research into the nutrition
of enzymes the nutrition of genes and
the nutrition
of chromosomes and while he was
receiving his first nobel prize he said
you can trace every sickness every
disease and every ailment to a mineral
deficiency because even genes will not
work without mineral cofactors

you can take the perfect genes from a
two thousand year old person
put them in a bucket of saline okay say
okay jeans make me a person who's gonna
be two thousand
them jeans ain't doing nothing because
they need raw materials
just like a factory you can have the
most modern factory with robots and
computers
if there's no labor in there there's no
utilities there's no energy going in
there and there's no raw material or
parts going in there can that factory
make anything the answer
is no the same thing with your genes
which are just a blueprint
if you don't have the raw materials like
nutrients as substrates for those genes
to make something
you're doomed okay so he was quite
correct
you can trace every sickness every
disease and every ailment to a mineral
deficiency obesity
is a disease of deficiency is not a
disease of excess
that's why between the united states
we're the number one

obese continent on earth
okay is because we've mistakenly thought
of it
as a disease of excess it's actually a
disease of deficiency
despite diets machines on tv more people
belonging to fitness centers everybody
running and jogging walking
everybody eating fat free foods
everybody at least has
a grain belly i remember the old term
beer belly
well beer is just liquid bread and so
you give up the beer and eat more whole
bread more whole grain bread you get a
grain belly
you know i've lost 50 pounds but i still
have this belly how do i get rid of this
belly fat
don't eat grain grain
kills grain is not an essential nutrient
carbohydrates and sugars are not
essential nutrients the only essential
nutrients are
minerals vitamins amino acids and fatty
acids you can make all the carbohydrates
and sugar you need from fats and
proteins
therefore they cannot be essential
nutrients because you can make them and

there's no disease you get if you don't
get them
they're not essential seventy percent of
our kids in canada united states are
overweight forty percent are obese
not from too much screen time not from
lack of exercise but from lack of
minerals
it shows up in weird ways here's a
little natalie hayhurst terre haute
indiana she's three years old she's
light bulbs
thank god there's no calories in light
bulbs
because she has the same problem that a
pregnant woman has
the embryo steals minerals from the
mother faster than she's taken men she
has cravings
she gains what does she call it baby fat
and 25 years later she hasn't taken any
minerals so she still hasn't lost that
25 pounds of baby fat
she's had five kids that's 125 pounds
she gains
so one of the books we came up with is
called hell's kitchen
tells you why you must give up grains if
you want to

lose the weight and be healthy how do
you fatten cattle you give them whole
grains how do you fatten people you give
them whole grains
you eat whole grains you're dead but but
but
they say well who are they better ask
them again quickly
because they're 55 years old 11 months
old
okay loyola university medical school in
chicago exercise won't cure obesity
that was january 2009 time magazine
august of 2009
the myth about exercise it won't make
you lose weight you take the 90
essential nutrients
you throw in some extra minerals the
weight goes away almost overnight it's
amazing how many heard of alzheimer's
disease
alzheimer's disease is a physician
caused disease it did not occur
40 years ago by any other name even by
another name
um what is alzheimer's disease
alzheimer's disease is a going away the
myelin the white matter of the brain the
naked nerve fibers tangle up you get a
short circuiting and that's what a sharp

version what causes alzheimer's disease

alzheimer's disease is caused by

physicians because the

the white matter of the brain the mild

in the brain the insulation of the

material the brain makes up 75

of your brain weight and it's 100

cholesterol

so you go on a cholesterol-restricted

diet you take cholesterol lowering drugs

bam you have alzheimer's disease

it's a physician cause disease

statin drugs over time give you

alzheimer's disease

why is an alzheimer's tidal wave feared

because there's 88 million baby boomers

coming along between the united states

and canada

alzheimer's in a relentless separate

trajectory numbers look particularly

grim for baby boomers because they

followed the doctor's advice

eight more whole grains gave up fat and

took statin drugs and lower cholesterol

bam they have alzheimer's disease you're

going to see more of this

a mother and son share the bonds of love

and alzheimer's disease in the same

doctor who lowered their cholesterol

this guy was diagnosed with alzheimer's
disease by five neurological clinics
including the university
medical school there in greensboro north
carolina he had it for like eight years
getting worse and worse worth they told
his family put him in a hospice they
refused to do it i told him what to do
including 10 eggs a day
to rebuild the myelin in his brain
because he was diagnosed with
alzheimer's disease
in one week's time he was cured
because he did not have alzheimer's
disease he had what's called korsakoff
syndrome
because he got the 90 essential
nutrients he got extra stuff including
what we call de-stress capsules has the
secret sauce for getting rid of cortisol
syndrome
one week's time he went to the best
neurological clinics
in north carolina went to the medical
school had the had the head of the
department of
neurology give him a personal exam he
said yeah he needs to go into a rehab
center he's done
put him in a hospice one week he's cured

on supplements and 10 eggs a day
parkinson's disease the same way i'm
very famous in moose jaw canada
out west because it took a very wealthy
man who was terminal parking disease
in three months time he was cured wasn't
he char
with diet and supplement program and 15
80 days a big fellow kind of like john
size
he was terminal parkinson's disease in
in three months time
he's perfectly cured he brought his
insurance company with him
because they thought i'd hypnotize him
into thinking he was cured
that's how dumb they are he's not really
cured he just thinks he's cured because
all the doctors examined him said he
doesn't have parkinson's anymore
okay arthritis is a simple disease to
get rid of do not get
surgery give me 90 days i will regrow
cartilage
i will regrow the disc in between your
vertebrae
doctors will say it's impossible you
need our surgery what i want you to tell
your doctor when they say

you need surgery that there's no way you
can rebuild cartilage what you want to
do is get right in their face where you
kind of spit on them a little bit when
you talk
liar liar pants on fire don't you think
of me as donald trump
and you're the apprentice and you're
fired
okay the last one we have time for is
diabetes it's a simple nutritional
deficiency disease we've known this for
60 years it is not genetic in any way
shape or form
you take the supplement program
appropriate for your body weight and
within 2 to 14 days you're off your
medication go back to normal life
sure have you ever seen that happen more
than once
you ever seen people who are on the foot
amputation list get off the foot
amputation list
you ever see people who i mean were
really they've sold their property
they're going to move in with their
family because they know they've got
months to live
with terrible diabetes after 25 years
and well how did he exit the stage

jumped off a four foot stage
and he was supposed to have his feet
amputated three months earlier
he's running around showing everybody
got my feet i got my feet
of course the doctors died why is an
epidemic that's because all the baby
boomers are following the advice
of the doctors god bless you we love you
canadians
thank you
[Music]
you
dr
wallach is an expert on nutrition and
longevity and is the famed author of the
audio message
dead doctors don't lie which has been
heard by more than 50 million people
get ready to learn and to laugh as dr
wallach shares some important facts
that could very well save your life and
now
here is dr joel wallach
since most of you heard the tape dead
doctors don't lie i don't have to give a
lot of introduction to myself other than
to
remind you the thing that makes my view

different on health i think
is that i'm a veterinarian as well as a
physician and in veterinary medicine we
don't have health insurance for animals
like
we do people and if we were to use a
human health care
type of system for animals or livestock
uh be sticker shock for your hamburger
would cost you 275 dollars a pound
a boneless skinless chicken breast would
be 450 a pound a dozen eggs would be 50
bucks
just to pay for the health care so we
learned a long time ago in the animal
industry that we could keep the price of
animal products such as meat and dairy
and
poultry and eggs down to where the
average american could afford to eat
them every day
simply by eliminating health care costs
we do this in animals with simple little
nutritional formulas
and that's why we have mouse pellets and
wrap pellets and hamster pellets and
gerbil pellets and guinea pig pellets
and
rabbit pelts we have canned and dry dog
and cat food

we have pig pellets and sheep pellets
and horse pellets and calf pellets and
dairy pellets and
ferret pellets and duck pellets and
turkey pellets and trout pellets and
catfish pellets and monkey pellets and
a pigeon pellets every kind of animal
you can think of that's been
domesticated or used as a pet or a
laboratory animal we have pellets for
and the reason why we put animal feeds
or animal rations into a pelletized farm
is so that every mouthful is perfect
even the stupidest animal in the group
gets a perfect diet
they can't sort through and just eat
only the sunflower seeds of the raisins
every
mouthful is perfect we do that to
standardize production
and it's been a real blessing for the
agricultural industry we were so
successful
uh that over the last 75 years we were
able to eliminate 900 different diseases
we've doubled and tripled lifespans of
animals with these simple little
nutritional farmers
and as a veterinarian it always it was

kind of interesting to me that
that we didn't use that same technology
for people we only spent
100 billion dollars figuring all this
out for animals over a 75-year period
which is nothing
as you will see tonight compared to what
we spend
for human health on a yearly basis so as
a pittance to eliminate 900 different
diseases and animals
well one of the things before i became a
physician i was involved with a big
research project with marlon perkins
from the old mutual of omaha wild
kingdom show how many remember marlon
perkins
great gentleman and i was really really
honored that he would think of me as a
wildlife pathologist
i was in africa actually doing
conservation work and he sent me a
telegram
invited me back to the states in the mid
60s because he had gotten a seven and a
half million dollar grant from the
national institutes of health
and this was to study pollution and the
environment and the world ecology and
my job on the project was to do

autopsies of animals that died of
natural causes
in the big zoos around the united states
because big zoos tended to be associated
with big cities
and if there's any pollution problems
going on in the cities there was bound
to be an
animal in the zoo population that would
be sensitive
to the pollution we use that animal much
like the old coal miners used to use
canaries you know they'd take the canary
down to the mine
and if a little gas or methane would
would leak into the mine the canaries
were much more sensitive than the men
and they would drop off the perch and
die long before the men were in danger
of blowing up or suffocating
so that was the purpose of the study
we'll make a long story short
over some years i had done seventeen
thousand five hundred autopsies
on over 454 species of animals and three
thousand human beings for a comparison
what i learned ladies and gentlemen was
that every animal and every human being
that dies of natural causes

dies of a nutritional deficiency disease

i'm going to repeat that because that's

a

very profound observation every animal

and every human being that dies of

natural causes

dies of a nutritional deficiency disease

and of course

that was poo pooed by many medical

experts

back then because how could anybody die

of a nutritional disease in america

right

there's no evidence to support the claim

that we can prevent and cure diseases

with vitamins minerals raise your hand

if you've ever heard some version of

that no evidence

to support the claim you can prevent and

cure diseases with vitamins and minerals

doctors say that experts say that

professor

said a bureaucrat say that everybody

says that well how many of you ever

heard of scurvy raise your hand

sure you know you can prevent and cure

scurvy with vitamin c have you heard of

rickets raise your hand

you know you can prevent and cure

rickets with vitamin d how have you

heard of

goiter raise your hand you know you can

prevent and cure glider with iodine and

copper and selenium

how many of you heard of anemia raise

your hand golly gee you know you can

prevent cure anemia with iron and

copper and folic acid and vitamin b12

and what about

things like um berry berry with

congestive heart failure you know you

can prevent and cure that with thiamine

or vitamin b1

and what about pellegra with all the

emotional stuff and schizophrenia and

diarrhea and all the skin diseases that

go along with flagra you can prevent and

cure that with vitamin

b3 or niacin and all the essential

nutrients

all the essential nutrients are called

essential nutrients because if you don't

have enough you get diseases if you get

the disease you take the nutrient it

goes away

so any doctor any expert any bureaucrat

any professor

anybody who says there's no evidence to

support the claiming prevent and cure

diseases
with vitamins minerals is a fool and you
don't want to have a fool for a doctor
that's the last person you want to have
as a fool as a doctor right
well i was really pleased to see this
come out
in october of 2002 this was a world
health organization
study they said that the study finds
life expectancy closely mirrors dietary
factors
they went on to say nearly one-third of
early death and disability stems from
nutritional or dietary causes
including too little food in the poorest
countries the wrong kind of food in the
richest countries
and then this was perhaps the most
profound observation they made
inadequate intake of three key
micronutrients zinc
iron and vitamin a is responsible for an
unexpectedly high burden of disease
now there's 90 essential nutrients they
didn't even
look at the other 87 okay
and so finally finally 40 years later
they came to the same conclusion so i
feel pretty good about that

well as i said there's all these
essential nutrients there's two reasons
why they're called essential nutrients
number one
our bodies cannot manufacture them we
must consume them every day either as
food or supplements
number two if you're missing them you
get some horrible collection of diseases
many of which are life-threatening
that's why they're called essential
nutrients the ones i like to talk about
are mineral deficiencies because they
make up two-thirds of the essential
nutrients
two-thirds of the essential nutrients
are minerals and our foods cannot
manufacture them our food plants cannot
manufacture minerals
our food plants are grains vegetables
fruits and nuts
can in fact manufacture vitamins and
amino acids and fatty acids we all know
that
but if you can find me any plant that
will manufacture a mineral
i'll give you a million dollars tax free
small bills and any offshore account you
want

okay you'll be really very wealthy if
you can find me a plant that'll
manufacture minerals there's no such
plant
nutritional minerals nutritional
minerals
do not occur they do not occur in a
uniform blanket around the crust of the
earth
nutritional minerals occur in veins like
chocolate and chalk ripple ice cream
nutritional minerals occur in veins like
gold and silver and the odds of you
getting
all essential nutrients and all
essential minerals just by eating well
is zero in the same field for instance
on one farm in the same field
row number one might have three
essential minerals row number five might
have zero
row number ten might have eight row
number 15 might have 20
row number 20 might have zero row number
25 may have zero
row number 30 might have 16. and so it
depends on which row in the field that
your tomato or
your corn or your soybeans or your wheat
came from what minerals you're getting

to be happy plants only need nine
minerals we need 60.
and so the plant's very happy and you
look at man this is a really good
looking carrot
you know it has nine minerals but what
about the other 51
and it doesn't make sense to throw your
life away or at least
part of your longevity or your health on
what may or may not be in the food
because you can't tell by looking at the
carrot as long as it's getting its nine
minerals it's happy
okay then you start seeing things like
this
this is actually from 1995.
healthy crops depend on healthy soil
everybody knows that need nine minerals
but the new report says that nearly 40
of the world's land use for agriculture
is seriously degraded which means it
doesn't have these nutrients in it
anymore
loss of good soil cancer this came out
in 1992
they said that
african soils over the last hundred
years in 1992 had been depleted

and its um fertility by 74 percent asia
by 73
australia by 55 percent europe 72
percent the united states north america
85 percent
in south america by 76 percent
i thought this was kind of interesting
this came out in january of 2000
and this is a little report and i never
have taken the time to get the original
because this is
self-explanatory some blame the
environment usda
says better test a factor well i think
it's more serious than that
they compared a 22-year period from 1975
to 1997 on certain nutrient values in
our food they took the
10 most or 12 most popular vegetables
that are grown and eaten in america
including broccoli and cabbage carrots
cauliflower collards
day can kale mustard greens onions
parsley turnip greens watercress etc
they found out that there was a 53
percent drop in the calcium
values they found that there's a 38 drop
in vitamin a 48 percent drop in
riboflavin b2 35 percent less
than or b1 and 29 less niacin or vitamin

b3

and again the reason is if you're not

putting the essential

minerals in the soil that the plant

needs slowly slowly their ability to

manufacture vitamins begins to drop

we know that today there's only about

eight percent protein in our wheat

nineteen hundred there's twenty three

percent protein in our wheat

okay this is not a mystery

that you can prevent and cure diseases

with vitamins minerals this came out in

1992

cover article time magazine the real

power of vitamins new research shows

they may help fight cancer heart disease

and the ravages of aging it was very

obvious after

writing some 75 scientific articles on

on these diseases that were caused by

deficiencies of

vitamins and minerals and trace minerals

and amino acids and fatty acids

and animals and people 75 scientific

articles were published in

medical journals and veterinary journals

pathology journals

wrote chapters for eight multi-author

textbooks on the subject
wrote a big textbook of my own big
thousand page textbook
trying to educate medical students was
not very successful at that it was very
obvious nothing was going to happen so i
went back to school
and became a physician in 1978 began to
use these veterinary nutritional
formulas my human patients and one of
the things i wanted to do special for my
patients was to get them to live to be
an average of 100 instead of 75
so i began to collect information on
what it takes to
live to be 100 instead of 75 and it's
very interesting a certain percentage of
my patients
back then in 1978 would say things like
i don't think i want to live to be 100 i
said well why wouldn't you want to live
to be a hundred
well i don't want to wind up in a
nursing home and be abused and i i
thought that was kind of a
reasonable concern so i began to collect
information
on 100 year olds that would satisfy me
that i was doing the right thing to help
my patients live to be 100.

this is the sort of evidence you can
find this happens to be from
september 2000 this is a cover of this
particular issue of scientific american
it's a great little scientific journal
that they use to teach the scientific
method to high school kids and college
students
and they write it in the fifth grade
reading level so college students can
understand it
and this particular issue is almost
entirely devoted to human longevity
they had articles in there by experts in
gerontology and genetics and nutrition
and there was a little summary at the
end to tell you what you were supposed
to learn in this issue
and they were editorially scratching
their head trying to figure out
what was going on because they were
trying to find out what it was it would
take people to live behind
and they compared the people who didn't
listen to their doctors or the people
who did listen to their doctors
they found out that the ones who did not
listen to their doctors live longer the
ones who listen to the doctors

and uh something we've known for a long
time right so scientifically they
observed that and they found out that
the people who live longer
salted their food ate eggs every day
cooked and ate with butter didn't use
margarine
many of them smoked many have made white
lining behind the barn and were drunk
all the time
the only exercise they did when they
came home after work was to fall asleep
on the floor they didn't come home take
a shower and
you know go to the fitness center and
as i said they ate eggs instead of eight
egg beaters they used butter instead of
margarine
they ate their chicken skin and they
were just
flabbergasted they couldn't figure out
why these people doing all the wrong
things were living so long
living so long well obviously it's
because
the people who are getting advice from
doctors are getting inappropriate advice
if the advice that doctors were giving
was correct then there should be a lot
of people living to be 100 who follow

the doctor's
advice so we're going to look at some of
that
first thing i wanted to do is get some
scientific evidence on what it would
take to live behind i look for an animal
model being a veterinarian and a
pathologist i look for an animal model
first and i ran into doing some research
i ran into
some stuff that was published in the
1860s 1863
uh one was written by william
banting on how to cure corpulence
corpulence is an old-timey word for
obesity and this was uh back in 1863 he
talked about a low-carb diet
kinda like the atkins diet uh maybe it
should be the banting diet you know
instead of the atkins diet
and then in 1935 a guy who'd been doing
all his research in the 1920s
by the name of clive mckay came out with
his landmark article in 1935 and what he
did
was essentially take three groups of
rants group number one
he gave the rat pillar of the day and
these rats lived to be an average of two

years which is really
super because part of this rat pellet
coming out with all of the
nutritional knowledge of the time people
who are using rats and mice and rabbits
for research would
give them rolled oats and carrots and
cabbage and things like that they might
live to be 11 months after weaning
instead of
two years so it was really good to have
a laboratory animal and a food that you
could give them
that routinely allowed them to live b2
he then took the second group gave the
same basic pellet as group number one
but he cut the carbohydrate calories by
30 percent
kept the vitamins minerals the same they
lived to be 50 older
three years got kind of excited about
that took group number three
cut the carbohydrate calories from group
number one by 60 percent kept the
vitamins minerals the same
they lived twice as long they lived to
be four years of age and they really got
excited about
cutting those carbohydrate calories
thing but it wasn't just that

when they redid the studies with spiders
and beetles and worms and
pigeons and all kinds of animals
they found out that it was the density
of the vitamins and minerals per
remaining carbohydrate calorie that was
the
the basic reason because he had always
kept the vitamins and minerals the same
when he dropped the calories he didn't
didn't just drop the percentage of food
he dropped only the carbohydrate
calories keeping everything else the
same
so in group number three there was like
three times more vitamins minerals per
carbohydrate calorie than it was in
group number one
now that i had an animal model and had
some idea what to do i began to look for
a human model
and i ran into a guy by the name art
link letter how many heard art link
later
okay great guy he was funny he and i put
he and
jack benny and ren skelton and milton
berlin same thing same group they could
tell funny stories about saying dirty

words and things and
great family comedians and art link
letter wanted to live be a hundred
and he wanted to live behind her because
he read this book
it was a pulitzer prize-winning book
published in 1933 called lost horizon
it was written by james hilton and in
this book lost horizon james hilton
coined the term shangri-la how many
heard of shangri-la
okay that's where that came from that
book and uh art link letter got
real excited about living to be a
hundred well the book was actually
written about a
a people called the hunza how many of
you heard of the hunzas
okay lahunzas come from northeast of
pakistan
and their third world country obviously
and and art link letter hired an eye
doctor by the name
alan banik dr alan banik and this eye
doctor was kind of an amateur farmer and
an art link letter funded him to go
there for six months during the growing
season
and find out what their secret was to
live to be a hundred and it was very

obvious from reading the book that alan
banik had not read clive mckay's
material
on his rants and he was just making lots
of observations didn't
give his opinion what was important but
he was a very good observer
and one of the things he found out these
people were third world country they had
no electricity
no indoor plumbing no hospitals no
pharmacies no clinics
no doctors they just use home remedies
like herbs
and massage therapy and that sort of
thing and
um yet they were the healthiest and
longest lived people on earth they came
from a little
mountain range a little known mountain
range by the name of the character
mountains about 800 miles east of the
himalayans
oftentimes people say they're from the
hemlands but they're from the character
room mountains
and um one of the things
dr banek observed was that they would
irrigate with water

that was kind of gray and opaque it had
lots of silt in it from the glacier
grinding up the
mountain rocks and they would irrigate
with this
glacial water full of this rock silt has
finally ground up rock silt about the
same particle size as talc
and it contained over 60 minerals and
they would irrigate with this
and as the water percolated down into
their fields in their gardens
it left a half inch to one inch of this
gray silt on top of the soil
and before it dried they would run out
with their hose and rakes they would
hold and rake the silt down into the
soil
before it blew away now these people
lived at the
nineteen thousand five hundred foot
level
at nineteen thousand five hundred feet
you can't grow corn and potatoes and
rice
okay they could grow wheat and rye and
barley
but because of the very short growing
season their yields were very very tiny
their only carbohydrate they ate during

the day
the only carbohydrate they ate during
the day was a little tortilla one
tartine a day
a little tart a little round flat bread
that was it
no other carbohydrate the majority of
their food was
a goat and lamb and mutton and and camel
and
and things like um uh yak
and rabbits and they'd get some wild
sheep and goats in the area they eat
chickens and
and eggs uh they didn't have fish in
those areas they're too high up for fish
and so they and they cooked in butter
they used milk and cheese and yogurt
they could store dairy protein as cheese
and yogurt
and that was it they had a little garden
they grow a little bit of cabbage and
tomatoes
nothing else they would also take the
wood ashes from their fires their
cooking and heating fires
and put it in their gardens how have you
ever put wood ashes from a fire in your
garden

yeah this is a very old european and
asian custom
and somehow somebody learned that by
putting the wood ashes from your fires
in your gardens it
increases the yields and makes the food
taste better and so forth
well it turns out the wood ashes are the
minerals that are left when you burn
away the carbon in the wood
so now i had not only an animal model
but a human model they had a renewable
source of minerals in their food
they were on a low carbohydrate diet and
to me it seemed it explained why they
lived to be a ripe old age and were very
productive
i also began to collect birthday
announcements and obituaries of people
who lived be a hundred
i want to see really what happened to
people when they lived behind so i'll
show you a few
ralph charles from somerset ohio about
in the middle of the state
back in october of 1999 turned 100 and
had a nice little newspaper article
about him
and told his story the fascinating thing
to me about ralph charles

was that at age 100 he was still
piloting charter flights and carrying
paying passengers around the
central part of the united states he
used his single engine iranca
aircraft he
didn't have any restrictions on his
health papers or his license now to me
he doesn't look like what you would
expect a decrepit 100 year old to look
like to me he's
very vibrant uh he looks like he's maybe
in his late 70s or early 80s
and he's 100 years old and still
piloting i mean you can imagine
if he had alzheimer's disease he'd get
up there and he'd say excuse me ma'am
where are we going
that'd make you nervous wouldn't it
but he didn't have those problems
obviously for you ladies i'm going to
throw in
connie douglas reeves back in september
of 2002
she turned 101 when she turned 101
september 26
2002 she was inducted into the cowgirl
hall of fame
and her personal motto was always saddle

your own horse
and to me she looks like one of those
feisty little people that wouldn't
listen to a doctor
you know she's got her thumbs in her
belt she's got her shoulders back her
chins out
you can just imagine a doctor saying to
her look connie you're 101 years old now
it's time to give up salt we got to
worry about your blood pressure it's
time to give up eggs and butter we got
to worry about your cholesterol
and she's going to say well up yours doc
and i've been eating salt and butter
since before we were born and eggs
before we were born i'm not going to
give that up you can just see her she is
not a shrinking violet
for those of you that are a little more
genteel
in may of uh 2001 this fellow here
harold stillson from deerfield beach
florida
turned 101 went out and played golf for
his birthday and he hit a sixth hole in
one
at 101. now you have to have a strong
grip you have to be able to see 108
yards

uh you know you have to have good eye
hand coordination
you have to have a good memory you can't
have alzheimer's disease you can imagine
getting that golf club up there and
saying
is this baseball i mean what am i doing
here right and so he's color coordinated
it doesn't get any better than that for
101 years old i think he looks pretty
good for 101.
and this fella antonio todd from
sardinia
of the island farmland island nation
um west of the uh mainland of italy
uh back in january of 2001 turned 112
and he attributed
his longevity to drinking one glass of
red wine a day
there's a certain amount of ability to
that because in the red wine there are
these antioxidants that we know reduce
your risk of
of heart disease and cancer you can get
those same antioxidants and fruits and
vegetables you don't need to drink the
wine necessarily
it doesn't seem to matter what you eat
as long as you keep the carbohydrates

down and the vitamins and minerals up

that

seems to be the thread the common thread

between all hundred year olds

i'll show an example this gal here

dorami phoebe from south africa

was born in 1881 and in 1995 she turned

114

when she was asked dora what do you

attribute your health and longevity to

she said

oh i ate locust you know the

grasshoppers you know about grasshoppers

here right

pumpkin seeds tortoise meat wild herbs

dried fruit and a cup of coffee you

notice it doesn't say bread

notice it doesn't say potatoes it

doesn't say rice doesn't say corn

the only carbohydrate might be a little

bit of that dried fruit

she got her protein from the locust from

the grasshoppers and the

tortoise meat she got her essential

fatty acids from the pumpkin seeds and

if she ate the herbs grain

she got a little bit of vitamin c and

folic acid and beta-carotene

and she lived to be 114 she probably

lived longer than that i didn't keep

track of her after that birthday
announcement
yeah crickets won't work okay february
15
2003 this gal here maddie owens 119
at age 119 and she grew up in the south
carolina and apparently
um when she was born in 1883
she was still working in the cotton
fields owens told her family of her hard
work in the cotton fields
i guarantee you that she didn't have
vaccinations
i guarantee you that she didn't have
antibiotics i guarantee if she didn't
have three good square meals a day
but i'll bet you because i spent a lot
of time in africa two years in africa
and i know what they did with their wood
ashes from their cooking fires they
always put it in their gardens
even in africa for their cabbage and
their tomatoes and beans and so forth
and so i bet that her parents put the
wood ashes from their cooking fires into
the gardens
and one of my favorite birthday
announcements goes back to 1995.
this was a birthday announcement for

gene kalman from france
and she was documented by the guinness
book of records being the oldest living
woman
at the time there was more than 200
women who claimed to be older than she
but they didn't have the paperwork to
prove it jean calment had the paperwork
to prove
to the satisfaction of the guinness
world book of records that february 21st
1995
she was in fact 120. february 21st 1996
she turned 121 february 21st 1997
she earned 122. and she died in august
of 1997 and age 122 years 164 days
she died suddenly of a stroke she she's
up cooking her eggs and singing
pharazaka
pharaoh
fell over dead didn't have alzheimer's
disease she was bright mentally alert
until the moment she died
she didn't have cardiovascular disease
she didn't have diabetes she didn't have
cancer
and she did have rheumatoid arthritis in
her hands you can see that's pretty good
it'd be 122 and a half
die suddenly without being mentally

infirm

i mean that's the way to do it right

i thought this was kind of cute i was in

adelaide australia back in october of

2003 when this came out in an australian

newspaper

world's oldest man dies at 122. a

cambodian tiger

tiger hunter uh by the name of secgee

who is also the martial arts expert

attributed his longevity

and that of his wife i'm assuming a

widow now long look 108

to smoking in prayer that's kind of a

strange combination

but i'm sure he had got some mineral

somewhere

again this is an australian newspaper

came out in march of 2003

a brazilian believed to be the world's

oldest woman died at age 124.

maria echolavina dos santos died of a

stroke her birth certificate says she

was the descendant of african slaves

born in july of 1878

do you think she got vaccinations and

antibiotics i think she had three good

square meals a day

no she was born in a straw hut caulked

with cow dung
it probably led a pretty miserable life
as she was growing up
but i guarantee they put their wood
ashes
from their cooking fires into the
gardens
they didn't have doctors and they didn't
have
hospitals and clinics and they didn't
have pharmaceuticals
and she lived 124.
i'll give you two more than i think
you'll get the idea and then we'll move
on but i think these are interesting and
they all tell stories
this next one i identified with because
i grew up in a little cattle farm in
missouri we raised um
purebred angus cattle we also had a
little feeder operation to keep a kind
of an even cash flow
and so i identified with this guy he was
a cattle farmer from a little town
outside of kathmandu nepal in the
himalayan mountains
and according to his obituary never saw
a doctor never set foot in a hospital
he smoked two packs of cigarettes a day
for 120 years

he wasn't a vegetarian raising cattle he
ate red meat every day
and in april of 1998 he died at age 141
when he was a young man he led the first
land survey team around kathmandu in
1888
the last one to share with you tells a
lot of stories is one of my favorite
obituaries
it's about an iranian woman by the name
of misumi dusty
and this was published in the rocky
mountain news wire service out of
denver colorado in january of 1995
it said misumi dusty died at age 161 now
this seems pretty outrageous
but you have to give a lot of
credibility to this obituary because she
was survived
by six living children ranging in age
from 120 to 128.
they hadn't even left home to go to
college yet
i thought this was a very profound
observation by her oldest son
golomb her oldest son said his mother
had never visited a doctor
never taken any prescription medications
or over-the-counter medications she only

used herbs during her life
now do you think she had access to
vaccinations when she was a child does
any of her kids get vaccinated no
they're born up in a little rock cut up
in the mountains
of a village calatin bala
in khorasan province in iran okay and i
guarantee you she was functional until
very close to her death because they
don't have nursing homes
and they're not just going to find some
way to give her ivs to keep her alive
they're in that
rock hut and so she had to be still able
to snap beans and skin
carrots and cook and sing lullabies to
great-great-great-great-grandkids
and whatever she did she did sewed maybe
we all have these genetic capacity to
live well beyond a hundred experts in
longevity experts in gerontology and
genetics tell us
we all every one of us each and every
one of us in this room has the ability
to live well beyond 100 and the only
reason why we don't the shortest way to
say it
is because we do too much of the bad
stuff and not enough of the good stuff

that's the
most succinct way i can say it we all
have the genetic capability to do it one
of the fascinating things to me
is that we ask doctors about what to do
for health and longevity
now if doctors knew what they were
talking about that would make sense
but i'm a score card kind of guy and so
i'm looking at doctors and saying really
do they really really know what they're
talking about
when my tape dead doctors don't lie
which came out in 1994 i had a statistic
in there from a small survey and said
doctors lived to be 57.6 and i rounded
up to 58 to get the better better for
the doubt
and doctors just went ballistic well
wallet you got to be lying we don't live
to be
58 we live to be 75 like everybody else
well even if they lived to be 75 like
everybody else that wouldn't be too good
a
recommendation because if they're the
holders of all knowledge and health and
they follow their own recommendations
they should live to be 85 or 95 or 100

or something

well they didn't want to believe me so

they did their own study and they came

out five years later in 1999 with the

answer to their study

and they found out that doctors america

lived to be 56

so i missed it by two years

so why do we ask people

how to live a long healthy life only

live to be 56 on the average

that's because they have convinced us

that health care is very

very not only important but also very

detailed it's very complicated and you

have to go to school for 14 years to

know

how to deal with health care and they've

convinced americans as this is true i

mean you can't pick up a newspaper

or watch tv or listen to the radio

without health care

and medicare and medicaid and all the

stuff being on the front

right let's look at some more score

cards and see if we're getting the bang

for a buck

right now the entire world each year

spends 2.7 trillion dollars for health

care 2.7

trillion with a t out of that 2.7
trillion dollars each year that
the world spends for health care the us
alone alone the u.s spends 1.6 trillion
more than half
and yet in april of 1990
we ranked 17th in longevity there were
16 other countries whose peoples live
longer than we did we didn't even rank
in the top 10.
you have to ask who is number one what
did they do different from us well the
japanese were number one
they lived to be 79.1 4.1 years longer
than we did the interesting thing was
the japanese are heavy smokers 68
percent of the japanese smoke three to
five packs of cigarettes a day they are
heavy smokers they are the smokiness
nation on earth
and yet they have 85 percent less cancer
and cardiovascular disease than we do
japanese consume 12 to 15 grams of salt
every day an entire salt shaker
per person we're supposed to consume
approximately one gram one thousand
milligrams a day of salt
and yet they have eighty-five percent
less cardiovascular disease than we do

we dropped two atomic bombs on the
japanese in world war two
they've had more radiation per person
than any other culture on earth nobody
cleaned it up they've been wallowing in
all the radiation in the soil and water
and environment ever since we dropped
the bombs on them nobody cleaned it up
and they have 85 less cancer than we do
and so i want to know what they know and
all this adversity they're still
living longer than us and are healthier
than us you say well maybe that was a
bad study it should be redone well they
did 10 years later
june of 2000 they reran the same study
and the japanese maintained number one
but they dropped from 79.1 down to 74.5
so this is our chance to
catch up and surpass them with all this
money we're spending but instead we
dropped from 17th longevity all the way
down to 24th
because we went from 75 to 70.
there's now 23 other countries whose
peoples live longer than we do
now you don't have to be a genius to
figure out we're not getting the bang
for the buck
you don't have to be a genius to say

well maybe the medications we're getting
aren't doing any good maybe the advice
we're getting is not the best
no matter what the doctors tell us we're
going the wrong direction so you can't
deny these facts okay you can't deny the
facts
well there's two hundred and fifty
thousand drugs pharmaceuticals in the
pdr the physicians desk reference
that they have access to to treat people
in america there's new ones coming out
all the time they're always bragging
about how many billions of dollars worth
of research they spend every year to
find new drugs
if you take out the 500 antibiotics it
still leaves 249
500 drugs there's not a single one of
those designed to cure anything
there's not a single drug in the pdr
except maybe antibiotics
might cure a strep throat other than
that there's not a single drug in the
pdr that cures anything
they're all designed to milk your
insurance policies they're all designed
to milk medicare and medicaid they're
all designed to milk your

your wallet because there's no laws
requiring the pharmaceutical companies
to manufacture drugs that cure
even though they could but because
there's no laws requiring them to do it
they don't
this just came out in january of this
year health spending has biggest surge
in 11 years
we're going to jump right over here say
ue reinhardt a healthy economist at
princeton said
the increase in health care spending is
no surprise this is what the american
people ask for when they abolish managed
care
what he said there was this for about
eight years
the cost of health care stayed the same
when there was managed care doctors
didn't like
it because managed care kept them from
doing unnecessary tests
managed health care kept them from doing
unnecessary surgeries writing
prescriptions
for unnecessary drugs and they didn't
like it because it cut their income
in half they weren't getting the
kickbacks anymore and so they began to

whisper to their patients you know
there's an economist there there's a
bookkeeper making decisions what
tests you should have and what drugs you
should get and what treatment should
have it should be my job i'm a doctor it
should be my job
and after a while people said yeah it
should be the doctor's job why is some
bookkeeper doing that
and so they convinced the american
public that managed care was no good
and so people then complained to their
legislators and then voted it out
and of course their workplaces went to
other things other than managed care
and immediately when managed care got
dumped health care doubled
and tripled and it's just going up like
a skyrocket because now there's no
controls on the doctors
well how does this affect us this came
out in may of 2003
age 65 plus workforce rose sharply since
1980.
americans are living longer and they're
threatened about their financial
security what is the biggest reason why
people

are worried about their financial
security health care
health care right health care is the
biggest thing that people worry about
as you get older you need more health
care and
there's all kinds of things happening
because of health care doctors always
get paid you're going to pay it your
employer is going to pay it the
government's going to pay it they don't
worry they're happy
right i thought this was a really a very
interesting editorial
this came out in february of this year
just last month
just about a month ago outsourcing the
american dream how many of you heard of
outsourcing
okay good that's half of the outsourcing
means that they're sending american jobs
to other countries i'll give you
an example these big corporations
are training indian people in new delhi
how to speak with a texas accent
so when you call up you know you see
something on tv you want to order or
in a catalog that says call this
toll-free number or you may want to make
an appointment for

an appliance repairman to come out of
your house and put a new
motor in your in your dryer or something
when you call up they say
howdy ma'am how you all doing because
they've taught these guys in pakistan
and india how to speak with a texas
accent
how can we hip you it only rings three
times and they pick it up in new delhi
india and they take this order
well what they said was this
by the time 2006 comes between 35 and 45
percent
of current full-time i.t jobs which are
these information technology jobs will
be sent overseas
this amounts to 14 million jobs 14
million jobs in the next year and a half
are going
overseas and here's why while telephone
operators in the united states earn an
average of 12.50 cents an hour plus
their health care benefits
in india they earn less than a dollar in
no health care benefits
and because of nafta how many heard of
nafta the
nafta agreement with all these countries

gave our government permission to give
corporations tax benefits to send the
jobs out of the country
we give tax benefits to to companies to
send jobs out of the country now how
absurd is that
that is really absurd it's absolutely
criminal
right it says um
payroll clerks an asian nation take home
less than two dollars an hour and no
health benefits their counterparts in
this country
averages fifteen dollars and seventeen
cents an hour with health benefits
so as health benefits climb and
companies don't wanna pay them anymore
they start outsourcing the jobs to
countries that don't
have health benefits and what happens to
the people
who are here left in the united states
so they still have to pay for their
health care
this came out in june of 2003. study
finds doctors skipped key steps of
treatments
doctors failed to take about half the
recommended steps for treating common
illnesses

such as high blood pressure and diabetes
suggesting that health care in the
united states isn't nearly as good as
many people thought
well that's not a new belief right
this came out in october of 1999.
doctors say they'd lie to get insurers
to pay
this is a study done in eight cities 169
internist they presented this
to the annual meeting the american
association
american medical association conference
annual conference in los angeles
in october of 1999 and i'm just going to
go over to them this is actually quite a
thick report
i'll go over two of them and said 58
supported lying so a severely ill
55 year old could get a coronary bypass
even though her pains
were not becoming more frequent as the
insurer required during the managed care
days
now if your pains are not becoming more
frequent and the
degree of pain remains the same this is
called stable angina
and how many of you heard in

nitroglycerin yeah for 30 50 cents
treatment you can put a nitro tab on
your tablet may cost you six to ten
bucks a month
to deal with the pain as long as the
frequency is the same the pain level's
the same you can do that forever
and also um how many of you heard of
dean ornish
well dean ornish was a md phd from
harvard medical school he did a great
double blind study where he took
hundreds of people
with 85 percent 90 blockage of the three
main coronary arteries
and he put him on a restricted diet gave
him some supplements gave him low impact
exercise like yoga and swimming
and in six months time all their
arteries were open 100 without surgery
this was impossible according to
surgeons the only way to deal with
blocked arteries in the heart is to do a
bypass right
there's no way you can do that with diet
and exercise and supplements
and so they made him do it again another
double blind study worked results
exactly the same
well what a doctor should say today when

somebody comes to them with angina
stable and giant say look let's get on a
dean orange program it's actually going
to cut your food bill in half
save a little money here we're going to
get you a little nutritional program uh
supplement program do some yoga you can
do that for free at home well here's a
10 tape you can learn how to do these
yoga exercises you come back in six
months and if you're improved we'll just
keep doing the same thing if it gets
worse and we
will consider the surgery but there's no
doctors who do that
doctors kind of lie a little bit but
they want you well worse than that they
want god to believe that they're lying
on behalf of mabel or ruth or roy
says lord you know i'm lying but it's
not because of me i'm lying because the
mean old man
uh care insurance companies won't won't
let roy have a triple bypass and roy
needs a triple bypass
so forgive me lord because i have to lie
for roy
now why is that dr lyon is he lying for
roy's behalf no he's lying for his own

behalf he wants 85 000

keep that cash flow going

the other one i want to talk about

briefly is a 1997 study by the health

insurance association of america

found that 75 percent of insurance fraud

is committed by providers

which is their code word for doctors

75 of health fraud health insurance

fraud is committed by doctors who

apply for payment which they get for

procedures they didn't even do

they apply for payment for procedures

they give you that you didn't need

you're the only professional trade in

america or the world

where they don't have to go to a bank

when they need extra money they just

send in a couple of claims insurance

company insurance company pays them

they don't even there's not a single

doctor ever goes to jail for that

insurance companies write that off as

the cost of doing business

now who pays for that each and every one

of us

as these premiums go up as more and more

doctors are doing these things

and they look at it as hey it's our

money we're going to get it any way we

we have to
this came out in september 1997 was an
article published in the journal the
american medical association
young doctors lack stethoscope skills
which is you know the primary instrument
of a doctor
many new doctors steeped in high-tech
medicine can't properly use a
stethoscope
what they learned was they could just
identify twenty percent
they could just identify twenty percent
of heart problems that were presented to
them
they could not identify 80 percent how
can you go to school for 14 years not
use a stethoscope it's like a
a apprentice carpenter apprenticing for
seven years how can you not learn how to
use a hammer right
well the reason why doctors don't spend
any time learning how to use a
stethoscope is because if they were to
use a stethoscope
to diagnose cardiovascular problems and
by the way ladies and gentlemen you can
identify
all cardiovascular problems with a

stethoscope it takes you an extra 10
minutes to listen to every square
millimeter of the heart and the valves
and the arteries and things but you can
do it
gain the skills to do it but then you
make an extra 30 bucks for a long
office visit but if they send you in
they send you in for an angiogram or a
cat scan an mri
or an ultrasound guess what they make
421 dollars every time they send
somebody in for those procedures
what's better 421 bucks or 30 bucks
okay you're beginning to get a picture
developed here
now this happens this happens
three thousand times a year in america
mildred c clark 86 years old was found
cold stiff and blue on her apartment
floor
and um the apartment manager got scared
because he thought she was dead so he
called the paramedics and they examined
yeah she's dead
and so they called the corner he came
out yeah she's dead so they put her in a
body bag and ship her to the
albany new york medical center which is
associated with the medical school there

in upstate new york
and uh so they sent an intern down to do
the final exam before they
wrote a death certificate on her because
you can't do an autopsy in somebody
until they've had a death certificate
so he examines her and he probably just
closed his eye probably never seen a
dead body by himself
right so oh well everybody else says
she's dead so he writes his death
certificate
they take her down to the morgue and
they strip her naked take a pressure
hose blow all her makeup and gunk off
her body
put her wet naked body into the body bag
they put her in the freezer for 90
minutes
until the medical examiner and the
pathologist get there to do the autopsy
90 minutes after being in the freezer
they wheel her out and zip open the body
bag
and mildred c clark 86 years old sits up
she says thank god you found me it was
cold and dark in there and i didn't know
where i was
i mean after 14 years of medical school

doctors can't even tell if you're alive
or dead that makes me nervous
and then according to ralph nader in
january of 1993
big study according to ralph nader
doctors kill each year in america
300 000 patients in hospitals alone each
year as a result of medical negligence
300
000 are killed each year in hospitals
alone as a result of medical negligence
each year in america 1.3 million
americans are injured
in hospitals as a result of medical
negligence each year in america two
million are infected in hospitals alone
as a result of medical negligence and
despite heroic round-the-clock nursing
care and intravenous antibiotics
ninety thousand a hundred thousand these
two million each year die
in hospitals each year 2.2 million
people
get what's called adverse drug reactions
of the drugs that they
are introduced to in the hospital and
despite heroic measures
140 000 to 200 000 diary or you add
these up ladies and gentlemen
that's 3.5 million to 4 million

casualties killed injured and infected
each year in households by doctors each
year 3.5 million to 4 million
killed injured and infected each year in
hospitals by doctors
it's estimated to be double that outside
of hospitals
we're not talking about three people a
year here we're talking about a huge
number of people
so why do we go to doctors for health
and longevity information 1999
doctors were believed to be the eighth
top killer of americans
medical mistakes are the eighth top
killer of americans behind
cardiovascular disease cancer diabetes
alzheimer's disease
gastrointestinal problems liver problems
kidney problems and doctors
today this is just out i haven't had
time to make a slide but trust me
right now doctors each year in america
kill just short of 800 000 people
they're now listed as the number one
cause of death in americans
number two is cardiovascular disease
number three is cancer number one
are doctor kills okay now

how do we deal with this you know even
even um thomas jefferson said
that um a little revolution once a while
is a good thing
it's time to revolt against the american
health care system they they do
everything in their favor nothing in
favor of the patients
it's a miracle it's a god-given miracle
if you survive
a hospital visit truly not being damaged
or infected or killed
and so how do we deal with this well
we've learned in other
instances how to deal with these kind of
problems when the industry is abusing us
for instance 60 years ago when
the automobile industry began to abuse
customers you know you go in for a six
dollar oil change 60 years ago
and you go to pick up your car well it's
300 bucks you say that's my month's
wages what do you mean 300 bucks
well you told us to do whatever is
necessary and so we rebuilt your
transmission we rebuilt your carburetor
we gave you all new tires we rotated
them
we put in new brake shoes new spark
plugs we gapped them we did your timing

300 bucks and you uh kicked the counter
and yelled and screamed but
and you paid your 300 bucks well people
got tired of that
and so they started going to flea
markets and junk yards and garage sales
looking for parts for their car
and after a while the demand for these
parts and tools
at garage sales and flea markets and
junkyards became so great
these sources couldn't handle the demand
anymore so a whole industry popped up
i never heard of napa auto parts and pep
boys and autozone and shooks
and because now you can walk in you can
get any part you want you can get any
tool you want for working on your own
car
this has turned out to be a huge
industry and that's because
the automobile industry got greedy some
60 years ago now more more people do it
themselves
and the same thing happened in the
construction industry when it got to the
point where they're charging little
couple 60 bucks
to change the float in the toilet and

200 to change the light bulb and
uh they you know little couples would
sign a um contract for six thousand
dollar roof but they didn't point out to
them
that there's a rotating interest thing
or revolving interest thing and if you
didn't pay in a year it cost you a
hundred thousand dollars
and all these horror stories came out so
people began to go to junkyards and
garage sales and flea markets
looking for materials and tools to
maintain repair their own homes how do
you remember back in the 50s and 60s
when everybody had a
table saw and a band saw and routers and
all these tools you turn your garage
into a shop and everybody began to do
things themselves
well soon these sources couldn't supply
the demand anymore so a whole industry
developed to supply the demand
for people who want to maintain repair
their own homes are called home depot
and lowe's and menards and if you don't
know how to put shingles on your own
roof they'll give you a free class
okay well it's long overdue that we
rebel in the same way against the health

care industry
we need to do more and more self with a
little bit of education 15 minutes of
reading a night
listening to tapes or cds you drive
around your car
in any particular instance with 15
minutes of reading you can do whatever a
doctor does
it's that simple for instance a doctor
has less than a hundred dollars worth of
stuff in his examining room
he's got a blood pressure cuff a
stethoscope he's got a thermometer a
little rubber mallet to see if he had
reflexes when you walk in the
examiner i know you got reflexes
now if they carry in i might want to
test them but if you're walking on your
own you're singing and dancing i don't
have to worry about that too much
uh they have a little triple a battery
pen light you know they look in your
eyes and down your throat with
and that was given to them by some
salesman for a pharmaceutical company
you can jerk out of their pocket look at
it and you'll see oh look at that
pfizer okay so they have less than 100

bucks worth of stuff you can go to a
pharmacy or a grocery store and buy all
that stuff yourself
without a prescription with the
exception of ultrasound and radiation
and cat scans and mris you can get just
about any test that a doctor would send
you to a lab or a hospital for for
instance
you can go and you can buy a little
bottle of test strips to find out what
your
blood sugar and blood cholesterol is you
can get little test strips to find out
if you have blood or sugar in your urine
you can get test strips to find out if
you have blood in your bowel movement to
do a screen for
colon cancer and ulcerative colitis
maybe gastric ulcers
you can find out if you're pregnant or
not for 1995 you get a little test strip
you pee on it
and you find out if you're pregnant 30
seconds honey i'm pregnant kind of thing
right
30 seconds 1995. you don't have to go
get a physical exam get a blood test
they charge 150 bucks
and then you got to come back in three

days for another 150 buck visit
so it winds up being like hundred
dollars to find out if you're pregnant
or not
you can do it for 19.95 the one that i
really
find disgusting are the fertility
clinics
you have to pay 25 000 bucks up front
before they even talk to you
because they might slip and give you a
little information so before the doctor
will see you
you got to pay your 25 000 bucks and
then they'll start talking to you about
what they can do to help you
in a situation of infertility well they
want you to believe that they are the
holders of all knowledge in this
well back when i was a kid my dad only
you know uh
60 years ago my dad only had a fourth
grade education and he knew how to
artificially inseminate cattle back then
there's not a new thing we've been doing
it livestock for 75 years
maybe longer than that in research but
on the field practicing any farmer could
do

ai or artificial insemination themselves
and you know with a 2.95
basting syringe and a condom to collect
semen you can do yourself for less than
five bucks
so when a doctor starts telling you how
how technical this stuff is
you just sort of smile at them and say
okay doc let's move forward here
now how many of you ever heard of
cholesterol raise your hand
if you didn't raise your hand i think
you're asleep okay
each year in america we spend over a
hundred billion dollars for cholesterol
testing not treatment
just cholesterol testing we spend over
100 billion dollars a year it's a huge
industry just for cholesterol testing
that's why you know doctors made
everybody in america paranoid how many
of you had anybody in your family lived
in their 80s or 90s raise your hand
sure i think most people in america have
had somebody in their family lived be 80
90. i guarantee they ate eggs they
cooked in butter they didn't have
margarine back then
they salted their food these people
smoked they um

gosh they read meat instead of tofu they
ate eggs instead of egg beaters
they didn't exercise and yet they lived
to be 80 90 many and went on to live be
100
and following their advice we're going
backwards spending 100 billion dollars a
year for
cholesterol levels and eating the way
doctors have told us most people revere
their doctors
we've gone from 17th world longevity to
24th
so it doesn't seem like all that's doing
much good well if any of you can find me
a disease if anybody in this room can
find me any disease that is caused by
elevated blood cholesterol triglycerides
will give you a million dollars small
bills
in any offshore account you want
tax-free there's not a single disease
caused by elevated blood cholesterol
triglycerides
when you have elevated blood cholesterol
triglycerides i kind of look for other
things you might have a deficiency of
niacin vitamin b3 you have deficiencies
of chromium vanadium two trace minerals

you might have deficiencies of the
essential fatty acids
or ratio problem between omega-3 and
omega-6s you could have early goiter
or hypothyroidism will cause an
elevation in your
blood triglycerides and blood
cholesterol
you can have early diabetes you have
early diabetes
even before your blood sugar goes up
your blood cholesterol and triglycerides
go up when you have diabetes
don't take my word for it go to the
library and look at a medical book on
diagnoses
what's the first blood changes that
occur when you have diabetes
elevated blood clotting and
triglycerides what's the first blood
changes when you have low thyroid
elevated blood clotting triglycerides do
the elevated blood cholesterol
cholesterol triglycerides cause any
disease no
they're just signals they're just
signals to look somewhere do they cause
cardiovascular disease no
have nothing to do with cardiovascular
disease nothing well why do doctors get

so excited about
lowering your cholesterol and lowering
your blood triglycerides because they
get a kickback every time they write a
prescription for statin drugs
lipitor lopez and lipitor why would you
take a drug
that doesn't really do anything doesn't
prevent diseases lowers your cholesterol
that's what they do
but it causes liver cirrhosis and
blindness that's why you got to go in
every couple of months
to get your blood taken to see how your
liver is doing they've got to look in
your eye to make sure you're not going
blind yet
why would you take a drug that gives you
liver cirrhosis and makes you go blind
when it doesn't do anything
have you ever heard of free radicals
good have you heard of trans fatty
acids yeah these are common words today
everybody in the street even little
six-year-old kids know about these
things
and um yet doctors continue to recommend
to consume free radicals and trans fatty
acids

if i were to come out with a product dr
wallach's 100 pure free radicals
the finest trans fatty asses in the
world and i'd label put them in a health
food store how many people would buy
them
zero okay i wouldn't sell any of them
and yet everybody listens to the doctors
when the doctors say i want you to use
margin instead of butter
margin is nothing more than a big block
of trans fatty acids
and free radicals it is pure 100 percent
trans fatty acids and free radicals
they've killed more americans with
margarine in america than all the wars
put together
the 200 plus years have been the country
both domestic and foreign
and so if you have any margin at home
tonight i want you to go home and box it
up and ship it ups
to castro
put a little note in there that says my
cardiologist says this is good for your
heart and i you know on a
show of good faith i'm sending you some
margin
hopefully enough he'll be stupid enough
to use it i like to have my patients eat

six to ten eggs a day
the more eggs eat the lower your
cholesterol goes
the more eggs you eat the lower
cholesterol goes i i personally eat six
eggs a day so i hope you do too
they're great protein and if you don't
fry them don't fry them don't cook them
margarine you want to poach them
soft boil them hard boil them soft
scrambling butter low temperature
this came out in 1995. this little study
was presented at the annual meeting
american heart association in anaheim
california
they said two eggs a day won't hurt and
when that report came out in 1995 that
sent a shock wave to the entire medical
system
because part of that report coming out
eggs were the father of the devil i mean
if you ate eggs you were doomed nobody
would hang around you he's an egg eater
you know
i really like this one makes my 10 look
pretty conservative
this came out 13 years ago new england
journal medicine very respectable
medical journal

normal cholesterol an 88 year old man

who eats 25 eggs a day

now you have to ask yourself why was

this old dude eating 25 eggs a day

maybe he didn't have any teeth and

couldn't eat steaks anymore

maybe he owned an egg farm like to do

his own quality control

i think it was more more

scientific than that if you appreciate

that 95

95 of male sex hormone testosterone 95

percent of female

sex hormones estrogen progesterone 95

percent of the weight of our adrenal

hormones

um our adrenaline

comes from a master steroid in our body

it's made from a master steroid in our

body called cholesterol

you can only make 10 the other 90 must

come from your diet

and when your adrenal glands are

exhausted what's the most likely thing

that you're not consuming enough of

cholesterol

you're sitting there watching tv guys

when your wife saying

hey look at my nice nightgown

would you rather watch tv or watch me

[Music]

and she's got you on an egg-free free

chicken skin free red meat free diet

have you ever wondered why there's no

flourishing colonies of vegans

all sit around and hum

have you heard alzheimer's disease

it's a physician cause disease mark my

words write my words in the next two

years maybe even next week it'll pop up

in the newspaper there's more than

enough information

to prove that it's a physician cause

disease

alzheimer's disease is a disease that

did not occur even by another name 40

years ago only became recognized as a

disease in 1979

25 years ago today it's the number four

killer of adults over the age of 65

behind well i have to throw in doctors

now

doctors cardiovascular disease cancer

diabetes and

alzheimer's disease

now our brains are made up of 75

a fatty insulation material called

myelin how many heard of myelin

good well mylon is this fatty insulation

material in the brain

have you eaten a brain sandwich brain

egg sandwich oh you haven't lived until

your brain sandwich it is good

a little bit of onion and mustard i mean

there's nothing better than a brain

sandwich

it's real cheap now because everybody's

afraid of you know mad cow disease so i

buy more brains and i

eat it

at any rate this myelin makes up 75

percent of our brain weight

is so important to the animal and human

brain myelin is 75 of our brain weight

and myelin is 100 percent cholesterol

you only make 10 of your daily need the

other 90 must come from your food

if you're very very good at listening to

your doctor's instructions

does that sound familiar september 2000

scientific american

if you listen to your doctor and you

give up eggs and eat egg beaters if you

give up butter and eat margarine if you

rip the chicken skin off your chicken

before you eat it

eat tofu instead of red meat the odds

are you're going to get what

alzheimer's disease this came out four

years ago

march of 2000 alzheimer's tidal wave is

feared it's coming

they said within the next 25 years 14

million americans are going to die of

alzheimer's disease

today 25 years backwards only 250 000

died of it

and 25 years backwards from that nobody

died from alzheimer's disease

now why would you go from zero to 250

000

to 14 million well that's because the

baby boomers are coming along

and they listened to the doctors they

believed in technology

and they believed in doctors and they

believed if they followed the doctor's

advice it could be healthier and lived

to be a hundred

and so now baby boomers are the ones

that get a higher rate and higher

percentage of alzheimer's disease than

our

older relatives who could care less

okay remember remember ralph charles

still flying airplanes at 100.

harold stilson still hitting in golf

hole in 101

misumi dusty 161 still babysitting and
singing lullabies and
maybe cooking and so on
we eliminated alzheimer's disease and
animals 65 years ago
this is a human study that came out in
july of 1992 vitamin e can ease memory
loss in alzheimer's patients this is a
study by the university of california
san diego medical school and the salk
institute
infamous for the salk polio vaccine they
said that
vitamin e could bring back a certain
amount of memory and make people
functional again well nobody could
believe that was true so they redid the
study and five years later they
came out with this vitamin e might slow
alzheimer's disease high dose is a
common vitamin e can slow the
devastating climb for some alzheimer's
patients
significantly delaying the need for
nursing home care again the university
of california san diego
university medical school now if you can
delay the need for nursing home care for
a spouse or a child or a parent
grandparent and uncle who has

alzheimer's disease by five years would
that be emotionally
and financially beneficial to a family
of course it would
why don't doctors tell you this well
because they own the stock in the
nursing home
in your town that takes care of
alzheimer's patients they don't want
this to get out
this came out in 2003 november 2003 a
study by tufts university
medical school in boston they found out
you could reduce your risk of
alzheimer's disease by 48 percent
by just taking either supplements
or fish three times a day to get the
omega-3 essential fatty acids
has been repeated over and over and over
this just came out january 2004
people taking vitamin c were 78 less
less likely to have a diagnosis of
alzheimer's disease
now they didn't even think about the
diet
getting rid of fried foods and
margarines and sources of free radicals
they didn't even think about eating
cholesterol

this is just some antioxidants and so we
know from animal studies and these sort
of
early studies in human beings that if
you eat enough cholesterol
not fried not cooked in margin but
poached and
soft boiled and hard boiled and soft
scrambling butter and meat medium rare
and so forth which we'll talk about in a
minute
and take in antioxidants the odds of you
getting alzheimer's disease reduced
almost zero
i i have to go ask my doctor he's only
lived to be 56 why would you ask him
now how many ever heard of high blood
pressure raise your hand
sure everybody knows about high blood
pressure a very common disease
um how many ever heard of a veterinarian
telling you need to give your dog a
calcium channel block or a beta blocker
for high blood pressure
not very often how about your goldfish
what about your parakeet and guinea pigs
you know every animal can get high blood
pressure just like people
reason why they don't is in these little
pellets we talked about earlier

we put things in there so they don't get
it they can get it but they don't get it
because they put the stuff
in the pellets so they don't get it
how do you heard that salt is bad for
you when it comes to blood pressure
salts can initiate high blood pressure
how have you ever heard that genetics
has something to do with it
well both of those are wrong salt has
nothing to do with highway pressure
and genetics has nothing to do with
highway pressure it's a simple
deficiency of a single nutrient
a single deficiency of a single nutrient
we've eliminated high blood pressure in
all these animals
what's the first thing a good farmer
puts out for his livestock in the
pasture
salt blocker salt lick isn't it there's
nobody out in the pasture telling a cow
she's limited to one lick a day is there
and i refuse to believe my human
patients are dumber than a cow or a
sheep
say look go ahead and saw your food to
taste don't worry about it if you put
too much salt on there won't taste good

you won't eat it remember the japanese
they consume an entire salt shaker per
person a day 15 grams of salt a day and
they have 85 percent less cardiovascular
disease than we do
and high highlight pressure is not even
in their vocabulary because they don't
get it very often
this came out in july of 1997 it
redeemed my view on
redeem my view on salt says doctors lack
proof that too much salt is unhelpful
after years of telling healthy people
that too much salt isn't good for them
researchers still don't have solid
evidence to back up that claim now what
do doctors call people who give
unsubstantiated health and medical
advice for profit call them quacks don't
they
next time you have a doctor says look i
need you to give up salt because you're
getting to that age we got to worry
about your blood pressure hey doc you're
quack there's no evidence to support
that claim i know you want to give me
those statin drugs and blood pressure
medication even though i don't have
those problems
and you need to go back and kind of read

your stuff here because that's not true
well there was a wonderful study done by
the u s government called the sodium
task force once and for all they were
trying to prove that salt was the cause
of high blood pressure
this was published in april of 1997 and
this is the bottom line of the study was
called the sodium task force
1997. you can look it up on the internet
the study found that people who limited
their salt intake to a thousand
milligrams or one gram a day like
doctors want you to do
have six times more heart attack six
hundred percent more heart attacks than
those who
defied their doctors may double that
amount
if you listen to your doctor you had six
times more heart attacks than people who
defied their doctors
and they double that amount
so what mineral are we talking about
what mineral are we talking about
when it comes to high blood pressure it
turns out it's a deficiency of calcium
now you can drink 50 gallons of milk a
day and you can't get enough calcium to

get your blood pressure down
you need 25 pounds of cheese a day and
the only thing will happen is you'll be
so constipated you'll need a jackhammer
to have a bowel movement
if you didn't have hemorrhoids you're
going to get them
you can take all the tums you want you
can take all the oyster shell eggshell
limestone coral calcium
you want nothing's going to happen
that's because you take a thousand
milligrams of limestone or calcium
carbonate which is coral calcium and
eggshell and oyster shell
all those are the same chemical formula
you take a thousand milligram capsule
you're not getting a thousand milligrams
of calcium only 140 milligrams is
elemental calcium
860 milligrams is carbonate
and because it's an elemental form of
calcium because it's an
elemental form of calcium you only get
10 so 10
of 140 milligrams is 14. if you take two
of those 1000 milligram capsules
of calcium carbonate in any way shape or
form you get 28 milligrams of calcium
it's not going to do you much good but

it comes to arthritis osteoporosis high
blood pressure
periodontal disease etc etc but we've
eliminated
a lot of high blood pressure at animals
and some very famous people
who didn't want to use drugs
how many of you heard of um menopause
raise your hand
say now even the guys are raising their
hand
up until about 1958 every doctor used to
make 50 cents on dispensing a little
herbal formula called lydia pinkham
somebody heard of lydia pinkups yeah
lady paint is very famous herbal
farmland would get rid of the hot
flashes the night sweats
but doctors only made 50 cents when they
dispensed a bottle in 1958
pharmaceutical companies came out with
hrt
hormone replacement therapy
and all the research was done by
veterinarians and they were told not to
give it to humans
because it did terrible things to the
laboratory analysis well
that may be true in laboratory animals

but it hasn't been proven in humans yet
we're gonna have to kill a lot of women
with this stuff before we get
you know too excited about taking off
the market and so they began to
encourage women to take hrt in 1958
it turns out that hrt estrogen and
progesterone combinations premarin and
and drugs like this increase the risk
of breast and uterine and ovarian cancer
by 78 increase the risk of dimension
alzheimer's disease by 200
increase the risk of cardiovascular
disease by 200 and a new study that just
came out a couple of days ago and again
i don't have a slide for it yet and i
apologize
uh increases your risk of asthma by 100
percent increases your risk
of gradual deafness as you get older by
30 percent
why would anybody want to take hrt
well dr wallach you got to get rid of
the hot flashes some way
i said well why would you risk all these
terrible things just to get rid of hot
flashes night sweats
see you're just a man you have no idea i
mean
women used to beat me up all the time in

my practice i said well it's not worth
it
and so we went back to the old lydia
pinkham's formulas
and guess what worked like a charm
there's 29 major studies which shows it
gets rid of the hot flashes and night
sweats
then you throw in the liquid calcium and
guess what 1200 milligrams per serving
you deal with the concerns about
osteoporosis
you don't have to have all the risk from
the hrt you don't have to have all the
risk
from hrt
this came out actually in 2000 and
they said they predicted that the report
on carcinogens or cancer-causing
chemicals
which which was going to come out in
january 2002 is going to list estrogen
as a cancer-causing chemical well guess
what that report comes out every year
and guess what's at the top of the list
of cancer-causing chemicals
estrogen what makes it most dangerous is
doctors prescribe it
doctors prescribe it

obesity percent of americans
are overweight now they're obese thirty
pounds overweight or their
ideal weight for their body type and
height and so forth
forty percent of americans are obese
this is relatively new
fifty years ago was like fifteen percent
and a hundred years ago there was
very rarely you know less than one
percent of americans were obese
it turns out it's caused by a simple
single
problem i can walk on a horse farm
i can tell you in 30 seconds if the
horses on that farm
are getting all the minerals they need
this is a little
working wagon and an amish farm in
lancaster county pennsylvania
i walked on that place and i knew
immediately that the horses weren't
getting all the minerals they needed
because the horses were eating nibbling
all along this buck board rail and then
they just ate this one particular place
why did they eat that one particular
place because that's where the farmer
put his hand when he jumped out of the
wagon every time

his hot sweaty handful of what salt
okay now my daddy had a fourth grade
education and he knew every time he'd
see our cattle chewing on the fence and
eating dirt
and chewing on the feed box instead of
eating the feed they were mentally
deficient he'd give him minerals and go
away
and we usually learn painfully when
we're a kid that's not socially
acceptable to chew on the furniture and
eat dirt
bam don't do that anymore that chair
costs a lot of money
okay
if you're that hungry go into the
kitchen have a piece of pie and ice
cream
or eat a twinkie or have a rc and a moon
pie
and so people began to recognize these
cravings which we call pika and cribbing
and animals and munchies and people
the munchies and people are pike and
cribbing and animals packing cribbing
and animals with munchies and people
and so we've been taught that these
cravings and the munchies

are due to a twinkie deficiency
now we're taught as kids as this is
caused by mineral deficiency would all
take minerals that have zero calories in
them
americans would all be slim weight
problems are nothing more than a mineral
deficiency disease
now nobody knows more about weight
weight gain weight loss and
veterinarians
why is that when you put an animal into
the feet lot what are they supposed to
do lose weight or gain weight
gain weight so we know the technology
and snack food companies know this
they spend a lot of money on research
learning the technology of weight gain
and they fix their little snacks to make
sure that you just can't eat one in fact
one of them
lay's potato chips even uses that as
their motto on their bag
you just can't eat one
and so they fix it so you're minerally
deficient if you eat their stuff
okay but if you take your minerals the
cravings go away and that alone you can
lose
10 15 20 pounds just because you're not

desiring to eat things
between meals you're not going to sit
there and watch tv and fill your face
all night because you don't have those
cravings anymore
it's not a a problem with your
self-respect it's not a problem you
don't have a deficiency of hypnosis
you don't have a deficiency of
acupuncture
you don't have a deficiency of ephedra
you have deficiencies of minerals you
take your mineral program need a couple
of meal replacers a day
give up some carbohydrates which you
learn from clive mckay and
and william banting and so forth and and
bob atkins
uh you give up carbohydrates in your
bread and your pastas and your rice and
your potatoes
and you're gonna lose weight and keep it
off it won't come back as long as you
stay on that program
but as soon as you go off your minerals
the cravings start up again
because it's a mineral deficiency you'll
always get rid of cravings within 10 to
14 days

now i want to talk briefly about three
serious ones we're first going to talk
about cancer
some of the more serious diseases
this came out in 1997 we had spent 30
billion dollars on a war on cancer this
bill was signed
by nixon when he was in office uh and
despite 26 years of spending this 30
billion dollars
researchers suggest putting emphasis on
prevention now you give me 330 billion
dollars one year's time i'll find you a
cure
and why couldn't they find a cure for 30
billion dollars i mean we only
took 100 million to fly a man to the
moon put them on the moon's surface pick
them up and bring them back
100 million dollars to do that 30
billion dollars they look for a cure but
they didn't think outside the box they
weren't really looking for a cure they
spent all their time looking for a
better chemotherapy
with your tax money because that's where
the money is
well during that time every five years
or so they double the amount of money
for research the death rate remained the

same
so they weren't looking in the right
place obviously or really looking that
hard
i know your doctors didn't tell you
about this one
this one came out in october of 1998
there was a harvard nurse's health study
had 90 000 nurses
20 years of data and they could only use
15 years of the 20 years of data in the
study for these 90 000 nurses
because for the first five years there
were not enough nurses using multiple
vitamins
and what they found out was these ninety
thousand nurses who take multiple
vitamins for at least
15 years can cut the risk of colon
cancer by 75 percent
are there any drugs that will do that is
there a drug in the market that will cut
your risk of colon cancer by 75
no how come your doctors didn't email
you call you up
call you bring in say look here's
something really remarkable just by
taking one multivitamin
every day you can you can reduce risk of

colon cancer by 75 percent

yahoo did they do that no

i bet not a single one of you got any

direct communication from your medical

doctor telling you this

they read it in their journals harvard

nurse's health study whether believe it

or not have you ever heard

that low fat that will reduce risk of

colon cancer and breast cancer and all

kinds of cancers how many heard that

would you believe it or not yeah this is

one of the american cancer society

doctors the american medical association

everybody says

low fat doubts will reduce risk of

cancer high fat diets increase your risk

of cancer

harvard nurses health study 90 000

nurses 20 years of data

they compared the rate of cancer in

these 90 000 nurses comparing those that

had more than 50 percent of their

calories as fat which is a very very

high fat diet compared to those that had

less than 20 of their calories as fat

which is very low fat diet

and if fat content of your diet had

anything to do with the rate of cancer

the ones having more than 50 percent of

their calories fat should have a lot
more cancer than one's having less than
20
and that's real simple stuff right
this came out in march of 1999 it was
published in the generally american
medical association again
they compared the the rate of cancer in
these 90 000 nurses comparing those that
had
less than 20 of their calories as fat
versus those that had more than 50 of
their calories in fat
they found no measurable difference
the amount of fat you eat your diet has
nothing to do with the rate of cancer
the amount of fat you're in your diet
has nothing to do with the rate of
cancer
nothing it turns out the amount of fat
in your diet has nothing to do with rate
of cancer is how you cook the fat
it's how you cook the fat not the amount
of fat is how you cook the fat
this study came out in 1998 university
of south carolina
big studies steady links very well done
meat to breast cancer and then later on
to prostate cancer and colon cancer

among women who preferred all their meat
very well done with a doneness score 9
where the fat was burned it tastes very
good believe me
burnt fat tastes very good i used to eat
it when i was a kid there was a 462
percent greater chance of having breast
cancer than for women who ate their meat
rare or medium
not a five percent increase in risk not
a fifty percent not a hundred percent
not a two hundred percent not a three
hundred percent not a four hundred
percent
but a 462 percent increase in risk
of getting breast cancer colon cancer
and prostate cancer if you eat your meat
cooked well done and eat burnt animal
fat
after tonight you can't claim you were
not informed
if you go home you continue to eat burnt
animal fat whether it's in hot dog skins
over the fire you know
or you're grilling chicken skin and
eating it that way or you're grilling
your hamburgers
burnt you know i get people like cringe
people i want my hamburger burnt i don't
want to see any pink in there i want to

burn

burn i want like charcoal they're doomed

even god can't help them

you know when you're that stupid god

can't help you

and when you're at the bottom end of the

gene pool he's got to let you go

now would you believe it or not how many

heard that a high fiber diet will reduce

your risk of colon cancer are you

believe it or not how many heard that

yeah that's another one of those truisms

that the american cancer society your

doctor wants you to believe

of course quaker oats likes that one

right um

low fat diet high fiber diet harvard

nurse's health study ninety thousand

nurses they compared the rate of colon

cancer

these ninety thousand nurses comparing

those that had a high fiber diet versus

a low fiber diet they didn't like the

results so they threw in 50

000 male doctors they compared their

rate of colon cancer the ones

who had a high fiber diet versus a low

fiber dot now they had 140 000

human subjects and this came out in

january of 1999 it was published in the
new england journal medicine very
respectable medical journal 90 000
female nurses 50 000 male doctors
they said high fiber dots don't cut
colon cancer by any measurable amount
zero nada eating a high fiber diet
did not protect you in any way shape or
form from any cancer
zero why do doctors get so excited about
a high fiber diet because it will reduce
your cholesterol
that's because it absorbs everything
that you eat
including minerals that are required to
keep you from getting high blood
pressure osteoporosis arthritis
cancer and so people who eat
multi-grain breads for their toast and
english muffins and pancakes and waffles
for breakfast
people who eat multi-grain pastas people
who eat multigrain
breads and whole wheat breads and grind
their own wheat and all that sort of
stuff
for their sandwiches and people eat
whole wheat and multigrain bread
for dinner eat whole wheat ice cream i
mean they can go to extreme

right they have a 500 increase in risk
of all these other degenerative diseases
which kill you
so by eating a high fiber diet your risk
of those other diseases goes up and
doesn't affect your risk of cancer at
all
the only thing the doctors get excited
about really about a high fiber diet
that lowers your cholesterol
and does that do anything for you no it
doesn't do a thing
you reduce your risk of colon cancer by
60 to 80 percent
letting dark berries raspberries black
raspberries blueberries blackberries
black cherries strawberries
according to the ohio university big
study by ohio university
reduced risk of colon cancer by six to
eighty percent
have you ever heard of trace mineral
selenium good
how many heard the trace mineral of
selenium is a great antioxidant is going
to reduce your risk of cancer will you
believe it or not i may heard that
okay well this has been kind of a recent
thing they're kind of growing crazy over

selenium in fact
the information on selenium really came
out in april of 1912 in this very famous
medical journal called popular mechanics
april 1912 and this fella here professor
professor dr
von wasserman from berlin who went on
about 10 years later to get a nobel
prize in medicine
said that he had discovered a chemical
substance that will cure cancer and mice
it turns out it's a trace mineral
selenium
the selenium has a selective action
against cancer cells that doesn't hurt
healthy tissues
dr wasserman believed that the cancer
and mice were so similar to those in
humans
that he believed an important advance
had been made towards the cure that
veritable scourge cancer
in people well this was april of 1912 we
began to put the trace middle selenium
into animal feed pellets back in april
1912 to keep their rate of cancer down
this laid dormant for 84 years
in human medicine nutrition until
december of 1996.
when a study came out it was a seven

year study done by dr
larry clark an md phd from university of
arizona school of medicine
he took half of a group of 1300 people
gave him 200 micrograms over seven years
200 micrograms of this trace mineral
selenium every day for seven years
and to make a long story short at the
end of the study his final analysis
showed
that he slashed the occurrence not the
risk but the actual occurrence
of prostate cancer by 69 are there any
drugs that will do that
doing a prostate exam and taking your
psa your prostate specific antigen blood
test every year will that prevent
prostate cancer by 69 no
he reduced the actual occurrence of
colorectal cancer by 64
you reduce by 75 by taking a
multivitamin
to reduce the actual occurrence of lung
cancer by 39 whether you smoke or not
about ninety percent ninety percent of
lung cancer occurs in people who never
smoked
smoking is not the cause of lung cancer
it's inhaling all the fumes when you fry

food
is the biggest single cause of lung
cancer
all those free radicals coming out of
that margin you're frying with
how could ruth get lung cancer she was a
good church-going lady
never cussed never even hung around
smokers how did she get lung cancer
but she was there early every noon after
church frying food for everybody
[Music]
oh the best part of the story is two
months after this result came out dr
larry clark died of prostate cancer at
age 52.
now why did that happen well because he
had set this study up to show that
selenium didn't work he hated selenium
he set the study up to prove that it
wouldn't work
and he wouldn't take it and the sick
part about this is
his professor of medicine at the medical
school the university of arizona so he
taught his beliefs
all the medical students there and when
he died of prostate cancer they all said
oh what a tragedy and then went on
avoiding selenium they'll tell their

patients not to take selenium

this came out march 6 2002

study says a diet rich in tomatoes can

cut the risk of prostate cancer

raw tomatoes by 24 to 36 percent if you

eat it tomatoes cooked

one serving a day of cooked tomato will

reduce your risk of prostate cancer

by 52 to 60 percent because there's an

antioxidant in tomatoes

called lycopenes lycopenes

i love this when it came out in

september of 1998 call green tea to cure

all of curls why is that important

why do we have 85 percent more cancer

than the japanese

well our national drink is coca-cola

their national drink is green tea and

green tea contains an antioxidant

catechins or egcgs that are 100 times

more potent than vitamin c in

neutralizing free radicals

catechins and eg cgs and green tea are

100 times more potent than vitamin c

in neutralizing free radicals

and perhaps 100 times more potent than

vitamin c and reducing your risk of

cancer

diabetes

epidemic disease in the united states
there's a million new cases a million
new cases of diabetes
every year there's 32 million diabetics
as we speak right now in america
30 million of the 32 million diabetics
are animal onset type diabetics that
make up the bulk of the diabetic
population
and animal onset type 2 diabetics make
more insulin than non-diabetics it is
not an insulin problem with them
and usually if you're asking about
insulin say well i've got insulin how
can i be a diabetic
and so doctors say well you've got
insulin resistant diabetes
it's not working the reason why it's not
working is you're deficient in two trace
minerals
chromium vanadium and their cofactors
necessary for them to work
which are required by your insulin to
work in your body
you make tons of insulin but if you
don't have those trace minerals your
insulin is not going to work
we learned in 1957 that we could prevent
and cure
animal onset type diabetes and

laboratory animals pet animals and farm animals
by giving them these two trace minerals and their cofactors
this laid dormant for 20 years in human medicine until 1977
when they found out that they could give intravenous
intravenous chromium vanadium and their cofactors to people who had diabetes
and they were unconscious from head head injuries they're in a coma
and they were miraculously cured by giving them intravenously these trace minerals and their co-factors
now you can't say that although they just believed that they were going to get cured because they were going to get cured because they're in a coma
they didn't know what was going on
now how come your doctor doesn't tell you this stuff and it's been proven over and over and over and animals been proven over and over and over people
it's been published in every big medical journal in america in the world it sort of comes through every couple years
as renewed you know people look at it
it's not like it's a mystery every

doctor knows this

why don't doctors tell you this well if

a doctor took the

less than two minutes that i just shared

with you this information he might get

eighty dollars for a long visit an

extended visit instead of fifty bucks

for a standard visit

make an extra thirty dollars according

to the gao of the general accounting

office which is the budget watchdog for

the us congress

your doctor makes over the 25 to 40

years of diabetic lives after diagnosis

your doctor makes

750 000 for every diabetic patient so

why would he take 30 bucks

when he can make 750 000 dollars and

most people say well

my doctor belongs my church i i got to

believe in him

well don't let that protect you even

members of the mafia go to church right

so

i wouldn't bet on that one

according to the us department of

agriculture 100 years ago

americans were eating a half a pound of

sugar per person per year

half a pound of sugar per person per

year today 100 years later according to
us department of agriculture
americans are eating 157 pounds of sugar
per person per year
are now eating a half a pound a day so
in 100 years we've gone from a half a
pound of sugar per person per year
to a half a pound of sugar per person
per day that plus the deficiency of
these nutrients in our food
has resulted in this epidemic of
diabetes do you think our genetics has
changed that much i don't think so
if you look in the book rare earthen
cures one of our books
[Music]
the guy who's doing all this uh study on
these two trace minerals back in the
1950s actually
dr walter mertz went back into the 1940s
and began to look at chromium levels in
american blood
and he found out there was a big range
in 1948
micrograms per liter parts per billion
uh 28 to a thousand in 1971 it dropped
to 13 and 72 it dropped to 10
and 73 our chromium levels in our blood
dropped to 4.7 to 5.1

and 74 dropped to 0.73 to 1.6 and 78 to
drop to 0.16 is it going up or down
it's dropping like a rock well in 1980
it went up three times over 1978 values
to 0.43
why did that happen remember 1977
they're publishing all these papers on
how chromium vanadium was good for you
and so everybody was taking chromium
vanadium they run into health food
stores and taking it
and so everybody's blood levels of
chromium vanadium went up but because
they couldn't cure diabetes with
chromium vanadium without all those
other cofactors
in 1985 it went back down to 0.13
because people got frustrated because it
wouldn't work if you just
use those two trace minerals without the
other cofactors
so between not having enough of these
nutrients
the chromium vanadium and their
co-factors in our food anymore and
eating all this sugar
more sugar less chromium vanadium we
have a epidemic
we have an epidemic of animal onset type
2 diabetes

the last one we're going to talk about
is arthritis and osteoporosis
arthritis and osteoporosis
according to the center for disease
control eighty-five percent of all
americans over the age of fifty already
have arthritis osteoporosis of one type
or another or to one degree or another
there's not a single medical treatment
designed to prevent or fix it aspirin
celebrities biox
tylenol ibuprofen advil aleve
methotrexate gold shots prednisone
cortisone
none of those prevent or cure
osteoporosis and arthritis they all have
terrible side effects many of which are
life threatening
and what makes this really really really
bad ladies and gentlemen we learned how
to prevent and cure
osteoporosis and arthritis and animals
over 300 years ago
now we didn't know all the biochemical
reasons why these approaches worked
but we knew in the last 75 years the
biochemical reasons why these little
nutritional formulas worked
but we knew how to prevent and cure

osteoporosis and arthritis and animals
for over 300 years in some societies
a thousand years and your doctor is
still trying to just give you
painkillers
and doing surgery how many heard of
arthroscopic surgery of the knee for
arthritis
that's a very common procedure now this
came out
in july of 2002 arthroscopic knee
surgery for arthritis is a worthless
procedure
this is published in the new england
journal of medicine how many of you know
somebody who's had arthroscopic surgery
the knee
yeah well if you have arthroscopic
surgery the knee for arthritis
that doesn't deal with a systemic
problem that's going on right
just one little knee and of course
doctors in 2001 and there's only like
maybe 5 000 doctors other 1 million
doctors who do this procedure
their income for that one procedure in
2001 was 1.5 billion dollars
now do you think they'll ever give up
that procedure no has been proven to be
worthless published in the new england

journal of medicine as a worthless
procedure
when there are cures available so
they're not going to use the nutritional
report
approach they're not going to use a
nutritional approach they're going to
use
arthroscopic surgery the knee because
that's worth 1.5 billion dollars to them
and so you have to be smart enough your
doctor says look you've got bone to bone
arthritis for your knee in the old days
we'd have to go right to the joint
replacement surgery but right now
we've got arthroscopic surgery in the
name we can take out those little
floating bits of bone and cartilage and
then
that doesn't work anymore we'll
eventually have to go to the joint
placement surgery but right now we might
be able to preserve your knee
for a year or two you have to be strong
enough to say look doc
you're a quack how many people did you
kill last month
journal of the new england journal of
medicine the new england journal of

medicine
july 2002 said this procedure is
worthless now we've been friends for a
long time we belong to the same church
and you're coming to me with a worthless
procedure
i don't think i'm going to visit you
anymore you have to rebel
sometime they keep taking advantage of
you to milk your insurance policy and
milk your wallet when do you rebel you
rebel
when you realize that your doctor is
only looking at you as a source of
income
if you follow your doctor's advice when
you have osteoporosis and arthritis
you're going to wind up like this
now they believe it or not whether you
believe it or not
how many you've ever heard that
osteoporosis is primarily a
postmenopausal woman's problem with you
believe it or not how many heard that
sure everybody knows oprah your doctor
the government
everybody knows that osteoporosis is
primarily
a post-menopausal woman's problem we
knew

a hundred years ago that osteoporosis
actually occurred equally in both men
and women
it only became a post-menopausal woman's
problem in 1958 when they came out with
hrt because can you justify
treating osteoporosis and preventing
osteoporosis with estrogen if both men
and women get at the same rate no you
couldn't
imagine a red-blooded american man
a red-blooded eye to hoenn
going to his doctor okay doc i've got
that osteoporosis stuff i want you to
shoot me up with that estrogen
i've had estrogen today they're not
going to do it
you're just not going to do it people
tend to be basically smart right
well this came out in november of 2001.
osteoporosis strikes both sexes equally
men are as likely as women to suffer
from osteoporosis the surprise findings
well why was the surprise finding
because
all the doctors who did that study
only graduated after the 1958 time
period and the truth they were taught
was that osteoporosis occurs primarily

in post-menopausal women
results turn the tables on the belief
that women are the prime victims of the
condition
the findings of the canadian
multi-center osteoporosis study a
program involving almost ten thousand
participants and nine centers
will almost certainly change the way
that medical professionals deal with
unexplained bone fractures in men and
the way education about the condition
is handled now raise your hand gentlemen
if you have
received a direct communication from
your medical doctor either an email a
postcard a phone call
saying look come on in i've just learned
that osteoporosis
occurs equally in both men and women i'm
so excited about this because i can help
you before
something bad happens come on in we'll
do a bone density test how many of you
men
have gotten that communication from your
medical doctors look at that
none as i traveled around the world 18
countries in the last
three years a single man has raised her

hand

now you say well why would that be why

wouldn't doctors want to tell their men

patients

uh you'd think they'd be excited if

they're altruistic and they're out there

to help you

they'd be wanting to give you this

information right

well guess what would happen every woman

would immediately stop

using hrt and they're making so much

money from the kickbacks and writing

prescriptions from hrt

they're afraid to rock the boat they

don't want to start anything that's

going to rock the boat

so any doctor who today continues to

write prescriptions for women for hrt

should be put in jail for 25 years of

life without possibility of parole and

that would be the kindest

of treatments that i would figure for

him ladies when your doctor comes to you

and says

i want you to take estrogen and osteo

for osteoporosis you say doc you take it

for 25 years

and then if it works i'll take it and

see what he says
one of the other things you have to do
besides taking all the raw materials to
rebuild your bone
and cartilage and ligaments and tendons
connective tissue as you give up
carbonated drinks
carbonated drinks are the single
greatest contributor to osteoporosis and
arthritis and fractures of the bone
they interfere with the absorption of
nutrients especially minerals digesting
protein
this actually the original study was
done 10 years before this
at the harvard nurse's health study 90
000 nurses 20 years of data
and these were all nurses over age 35
they found out that the nurses
drinking carbonated drinks soft drinks
even diet drinks
instead of water during the day had a
500 increase in risk of osteoporosis and
fractures over the water drinking group
so they went and did the study in junior
high school girls 460 junior high school
girls
in 9th and 10th grade they found out
that the same thing was exactly true for
them

why did they only look at nurses and
girls
because they believed is primarily a
woman's disease
but believe me it occurs in boys too so
if you have young athletes whether
they're girls or boys if you have
osteoporosis in your family or arthritis
if you have it or don't want to get it
you got to give up carbonated drinks
doctors should be telling you this every
time you walk in the door you got to
give up carbonated drinks
um i'll answer questions in just a
moment i just want to remind you
that if you don't take care of your own
destiny if you don't take hold of things
and and take control of your own destiny
life is gonna take care of your destiny
for you and usually it's not very nice
and so if you take control and rebel a
little bit be one of those mean
feisty little people that defy their
doctor but you have to do it with
education you just can't
just can't do something bad you have to
know what you're doing
educate yourself and the odds are you're
going to save yourselves an enormous

amount of unnecessary misery you're
going to save yourselves a gob of money
and you're going to have many many many
healthful years your life it will
definitely
help you to educate yourself education
is power
education with action is super power
don't let somebody else
even a doctor determine your future you
gotta make those determinations yourself
information and statements regarding
dietary supplements discussed
have not been evaluated by the food and
drug administration and are not intended
to diagnose
treat cure or prevent any disease
you
[Music]
i grew up on a bee farm in missouri and
like everybody else that raised his
livestock he had to raise a lot of our
own feed to stay in business
economically
and we raised corn and soybeans and hay
and you grind this material up into a
flower
you make pellets you have vitamins and
minerals and trace minerals to this
pellet

and you feed those calves for about six
to nine months before you ship them off
to market
maybe to be butchered maybe to other
feeders and you always say back the very
best ones for yourself and you knock
them in the head and eat them
it's a real simple cycle on the farm the
thing that fascinated me as a teenager
was that as a family we lived out of the
same fields
we kept back five rows of corn for
ourself we had a garden at the end of
the field where we grew our peas and
beans and squash and tomatoes
and we wanted to live to be a hundred
with no aches and pains yet we didn't
give ourselves the same vitamins and
minerals and trace minerals
that we gave the livestock this whole
concept really fascinated me and i went
on to ag school
at the university of missouri and there
i learned about
chemistry soil chemistry and how it
related to tons and bushels per acre
i learned about ag economics but i
really didn't get an answer to my basic
question

why did we give these calves vitamins
minerals and trace minerals and not
ourselves
until i became a freshman veterinary
student at the university of missouri
and there i learned that the reason why
we put all these vitamins and minerals
and trace minerals into animal feeds
bottom line is because we don't have
health insurance for them
and of course if we were to use a human
healthcare type of
system for livestock it'd be sticker
shock for you
uh your your hamburger cost would be 275
a pound boneless skinless chicken breast
would be 450
a pound and a dozen eggs be fifty
dollars for a dozen eggs
so we learned that we could keep the
price of animal products such as meat
and dairy
and poultry and eggs down to where the
average american could afford them
simply by reducing or eliminating health
care costs
we do this in animals by preventing and
curing diseases with nutritional
formulas
that whole concept fascinated me all

through veterinary school
and while the other vet students were
playing bridge and throwing horseshoes
during breaks i spent a lot of my time
in the library
studying more nutrition after graduating
vet school i went to africa for two
years and got to work with marlon
perkins from the old mutual omaha wow
kingdom days
that was kind of a kick i got to play
frank buck and trudge all over
central and south africa using the
tranquilizer gun and moving elephants
and rhino all over the continent of
africa and
europe the united states and after two
years
marlon sent me a telegram and invited me
back to the states to work on a big
project
he actually gotten a seven and a half
million dollar grant from the national
institutes of health
and this was the study pollution the
environment and ecology this is more
than 35 years ago
and my job as the wildlife veterinarian
on the project

to do autopsies of animals that died of
natural causes in the big zoos around
the united states
and i was supposed to identify a species
of animals that were ultra sensitive to
pollution and we're going to use that
animal much like the old coal miners
used to use canaries remember how that
story goes they take the canaries down
into the mine and if methane gas or
carbon monoxide
were to leak into the mine the canaries
were more sensitive than men and they
would drop off the perch and die
long before the men were in danger of
suffocating or blowing up
to make a long story short after some 12
plus years working directly with perkins
at the st louis zoo the brookfield zoo
in chicago the national zoo in dc
la zoo and many other large zoos around
the united states had done some 17
500 autopsies on over 454 species of
animals
plus 3 000 human beings for a comparison
what i learned was that every animal and
every human being who dies of natural
causes
dies of a nutritional deficiency disease
and i got all excited about nutrition

again
and i wrote 75 scientific papers during
medical journals and veterinary journals
international pathology journals i wrote
some 15 chapters for eight
multi-authored textbooks
i wrote a textbook of my own it was a
thousand pages and two thousand
illustrations
and through the news releases of the
large universities i worked with
i was on 2020 with hugh downs and
geraldo before he
got his nose broke for the first time
and through the news releases again
through the universities i was in some
1700 newspapers around the world through
the upi and ap
news wire service and with all this
public exposure with all the scientific
exposure
i couldn't get people who are in a
position of authority either in medical
research
or in government to get too excited
about preventing and curing diseases
in human beings with nutrition like we
did in animals so i got frustrated
enough i went back to school

in portland oregon became a physician
and i practiced there for 12 years as a
general family practitioner
and i used everything that i had learned
in veterinary nutrition in my human
patients
and of course this was no surprise to me
that the concept works just as well in
people
as it does in animals
there are 90 essential nutrients 60
minerals
16 vitamins 12 essential amino acids and
3 essential fatty acids
and they're called essential nutrients
for two reasons number one our bodies
cannot manufacture them
we must consume these essential
nutrients every day either as food or as
a supplement
number two if any one of these ninety
essential nutrients is missing
for a couple of weeks a couple of months
couple years you get on the average
10 deficiency diseases 10 deficiency
diseases times 90 essential nutrients
that's 900 diseases that are preventable
with proper supplementation
and the nice thing about this concept is
if you have any of these 900 deficiency

diseases
and you supplement properly you have
every honest expectation
of getting some significant benefit many
people will get a hundred percent better
then we haven't had to think about this
over the years as
since human beings have been on earth
simply because our food plants our
grains
vegetables fruits and nuts have been
able to manufacture the
vitamins amino acids and fatty acids and
this whole concept
was very interesting to researchers back
in the 30s and 40s they believed
that you could get everything you needed
from your four food groups because
plants did manufacture vitamins
amino acids and fatty acids that's where
that whole malignant dumb belief came
from
that you could get everything you needed
from your four food groups and of course
that little sentence has killed more
americans
than all the foreign enemies put
together in the 220 years
we've been a nation

now you notice i didn't talk about
minerals minerals are a different
concept
minerals cannot be manufactured by
plants as we've already said
and as a result you have to consciously
supplement with minerals you can get
some vitamins you can get some
vitamin a and beta-carotene and vitamin
c and vitamin e from your grains
vegetables fruits and nuts
but you cannot get minerals you cannot
guarantee you're going to get minerals
so you must supplement with minerals for
this reason how important are minerals
well
they're used as cofactors for vitamins
you cannot use vitamins without mineral
cofactors
you cannot use enzymes you cannot use
hormones you cannot use dna rna
chromosomes
you cannot even use oxygen without
mineral cofactors
that's how important they are secondly
minerals do not occur in a uniform
blanket around across the earth
minerals occur in veins like chocolate
ripple ice cream
and you know chocolate ripple ice cream

is 99 vanilla it's just one percent
chocolate and here's our problem plants
cannot manufacture minerals
minerals do not occur in a uniform
blanket around the crust of the earth
they make up two-thirds of the 90
essential nutrients
60 minerals out of 90 nutrients
two-thirds of the 90 essential nutrients
are minerals
that's how important they are now one of
the things that caused problems in
addition to plants being able to
not being able to manufacture minerals
and minerals not occurring in a uniform
blank around the crust of the earth
is that we've used a simple fertilizer
for the last hundred years in the united
states
called npk nitrogen phosphorous
potassium
and a simple fertilizer gave the farmers
the maximum yield in terms
of tons and bushels per acre nobody gave
a farmer any kind of tax break or cash
incentive
to make sure that you and i got all 60
essential minerals
that's our own responsibility farmers

grew tons and bushels
now one of the things i want you to pick
up one of the things i want you to get
is a copy of u.s senate document 264.
u.s senate document 264 says that
there's no longer any nutritional
minerals left in our farm and range
soils
and as a result the grain specialist
fruits and nuts that are grown there are
minerally deficient
and as a result the animals and people
who eat these minerally deficient
grain specialist fruits and nuts get
mineral deficiency diseases and the only
way to prevent and cure them
is with mineral supplementation now to
me the scary thing about u.s senate
document 264
is that it was written and published in
1936
1936 and at that time we began to put
vitamins and minerals and trace minerals
into animal feeds to make up the
difference and
of course since that time we've been
able to prevent and cure all kinds of
diseases and animals with these
nutritional formulas
unfortunately for human beings we got

wonder drugs in 1936 we got sulfa drugs
in 36
we got penicillin in 38 and we got
cortisone and 42
and it was very easy for the medical
profession to
calm the american public into believing
they would find a wonder drug
to fix everything if we just gave them
enough money for research if we
faithfully watched dr marcus welby md
that they would find a wonder drug to
fix everything well you don't believe
that anymore
that's why you're that's why you're here
because you don't believe this anymore
you cannot get everything you need from
your four food groups and you must
and you must supplement with your
vitamins and your minerals
there are five early warning symptoms
that even a five-year-old can recognize
when you have mineral deficiencies
that are dangerous and life threatening
number one
is white gray and silver hair white
grain silver hair indicates a copper
deficiency
because copper is required to

manufacture hair pigment doesn't matter
if your hair
color if your original hair color is
blonde or red or brown or black
copper is requires a cofactor to
manufacture this hair color so if you
have white gray or silver hair
you actually have a copper deficiency
now if this was just a cosmetic problem
it'd be no worry but there are more
sinister things going on when you have a
copper deficiency
copper is also required as a cofactor to
manufacture
the elastic fibers in your body
including the elastic fibers and veins
and arteries
when you get a breakdown of the elastic
fibers and veins you get spider veins
and varicose veins
which can result in certain certainly
discomfort but also
you get a breakdown of the elastic
fibers and veins you begin to get
a twisting and turning of the veins so
you're high risk of getting a thrombosis
or a blood clot which can go to your
lungs cause pulmonary embolism
or stroke then if you get a breakdown of
the elastic fibers in your arteries you

get a balloon in that area of weakened
wall of the weakened arterial wall
and this is called an aneurysm and if
it's in a strategic location like in
your head
or a coronary artery and it ruptures you
will bleed to death in seconds
or you can get a stroke from that type
of of bleeding in the skull
this is due to a copper deficiency now
the nice thing about this is if you
supplement with colloidal
and chelated copper the hair color will
begin to come back and it always comes
back first
at the nape of the neck comes back over
the top of the head in the
sides of the head you're going to look
like a pinto pony for a couple of
months while this regrowth of hair color
is going to take place
but when you see this hair color coming
back on the outside you know that the
elastic fibers are healing on the inside
in your veins and your arteries
secondly there's the liver spots or age
spots in the back of your hands your
face and your neck
and these liver spots uh if you have

five of them on the outside you actually
have
millions of them in your brain your eyes
your thyroid gland your lungs your heart
your liver your kidneys your bone marrow
and these are actually rancid fat
they're called trans fatty acids
they're called seroid is a technical
name c-e-r-o-i-d-cyride lipofuxin
these are trans fatty acids they're free
radicals they increase your risk
of cancer and heart disease many many
hundreds of percent
if you actually have a eyelid twitch if
you have a toe cramp foot cramp
leg cramp if you have spasms of the
large muscle groups in your back
this indicate indicates a calcium
deficiency if you have a calcium
deficiency
you don't want to wait until of course
you have something tragic happen like
compression fractures
are a fracture of your hip or your leg
which can be life threatening
you want to supplement with calcium in
the most
quick way you can do it and of course
you want to do this is colloidal and
chelated calcium so you can rebuild

those bones and
this is extremely important don't miss
these things you could be 15 years old
and have an eyelid twitch your body is
telling you you have a calcium
deficiency
if you have low blood sugar narcolepsy
or hyperinsulinemia
if you have diabetes if you have anal
onset type 2 diabetes
this indicates that you have a chromium
and vanadium deficiency
and if you supplement with chelated and
colloidal chromium and vanadium
it'll take about four to six months for
your low blood sugar your narcolepsy and
your hyperinsulinemia to stabilize
and in a period of a couple of months
you should be able to significantly
reduce
the amount of either insulin or oral
medication you're taking for your adult
onset and type 2 diabetes
then the most common symptom of
mineral deficiency occurs in 95 percent
of all americans
this is a a symptom called pica
encrypting it's a technical name for
cravings and binge eating habits

in 1975 the us department of agriculture
said
95 percent of all americans regardless
of age are minerally deficient
and the most universal symptom of this
mineral deficiency is pica and cripping
these are
our cravings and binge eating habits the
snack food industry has convinced people
when you have these cravings and you
have these binge eating habits
and behaviors is because you need their
chips and dips and candies and chocolate
and soft drinks
and so forth in fact your body is
screaming
for minerals and all you have to do is
supplement with minerals
and those binge eating habits go away
now farmers know about this
they see animals chewing on fences and
half doors in the barn these animals
will be chewing on
wire and nails and the paint off the
barn a good farmer or rancher will give
those animals some minerals
to save on veterinary bills to save the
animal's life and
to prevent having to rebuild the fence
little children

little toddlers will also get pike and
craving and i know you've seen them
eating dirt and sand and handfuls of
dirt out of the house plants
in the extreme they may even eat the
tootsie rolls out of the kitty litter
box
they might eat the lead paint or the
caulking from around the windows this is
because they're merely deficient
and they're craving things they're going
to stick a lot of things in their mouth
trying to identify what they need
pregnant women are legendary for having
pika in cribbing as the embryo develops
it steals minerals from the mother it
steals minerals from the mother
to develop and if she's not
supplementing with minerals faster than
the embryo
is taking them from her she's going to
develop pike and cribbing
she's going to want pickles and ice
cream usually at 2 o'clock in the
morning she's going to want pickles and
ice cream
she's going to want chocolate curly
french fries she may go out in the
moonlit night out in the backyard with a

spoon and eat clay
this is because the embryo is taking
minerals from her faster
than she is taking them in teenagers are
legendary at having
pike and cribbing adult non-pregnant
women and adult men also get pike and
cribbing
and this is because they're minerally
deficient and again their bodies are
screaming for minerals
don't forget 95 percent of all americans
are mentally deficient
and only you can consciously take in
those 60 essential minerals remember
10 deficiency diseases times 60
essential minerals is 600
diseases that are preventable with
proper mineral
supplementation and the way to do it is
by using the plant derived colloidal
minerals
which are up to 98 available to you as
opposed to
inorganically bound minerals which are
ground-up rocks these are only three to
five percent available to an adult
and the best way for human beings and
animals to take in the way we're
designed to do it

is in the plant-derived colloidal farm
we are not designed to eat up
our mineral supplements we are not
designed to consume minerals
as a ground-up rocks in any way shape or
form we're designed to get our minerals
by eating grains vegetables fruits and
nuts the way it's supposed to be in the
big scheme of things
is that our food plants our grains
vegetables fruits and nuts take minerals
out of the soil the inorganic minerals
out of the soil
convert them to colloidal minerals for
their own use and then we eat these
grains vegetables fruits and nuts and
that's how we're designed to get our
minerals
and unfortunately plants cannot
manufacture minerals
minerals do not occur in a uniform
blanket around the crust of the earth
we've used a very simple fertilizer over
the years npk
nitrogen phosphorus potassium to make
sure we get the maximum yields in terms
of tons and bushels per acre nobody
gives a farmer any kind of tax break to
make sure we get all

60 essential minerals therefore it's
yours and my responsibility to do that
you
[Music]
degenerative disease
is painful both physically emotionally
and financially if you or a loved one
has been affected by any degenerative
disease
including arthritis high blood pressure
diabetes add
osteoporosis or cancer stay tuned for a
pioneering new concept
in health and longevity hello and
welcome to the undoing of disease
what your doctor doesn't tell you i'm
your host is margo watson
i'm here in the studio with trace
mineral experts dr
joel wallock and dr gerhart schrouzer
glad to have you gentlemen here
thank you margot good morning to be here
dr before we spotlight the prevention
of cancer and other diseases can you
tell us what are the strengths of our
current medical system
as it stands now as it stands now
we are absolutely excellent in first
rate in emergency medicine
in surgery anything that has to do

with first-rate technical equipment
in this regard we are number one in the
world dr wallach
for the last 30 years you've been
involved in biomedical research and
clinical medicine
tell us what you see as the major
weakness of our current medical system
in america today well it's very
expensive and it treats the symptoms
rather than going at the root
cause of the disease it's unfortunate
this is true the human medical system
are there medical treatments or myths or
recommendations of the past that have
been abandoned which have now been found
to be harmful
oh absolutely uh margot the cholesterol
thing is probably the biggest fraud
ever perpetuated against american people
low salt diets are totally useless
and low-fat diets
this has created more diseases more
physician-caused diseases now
than there were 40 years ago there's a
lot of myths that you've
discussed in your lectures before that
have been perpetuated are there any
other ones that were really interesting

i remember some that

chicken soup no longer valuable but but

if you run into your doctor right

well um for instance a myth that

diabetes is genetic

that's what i call a medical cocka

that's

that's certainly not true adult onset

diabetes which makes up 85 percent of

the diabetic population

is actually due to a deficiency of two

trace minerals chromium and vanadium

and yet and this has been known since

the 1950s

and it's a tragedy and almost criminal

that

doctors continue to tell people this is

genetic and their only course

is to take insulin for the rest of their

life and there are other options

absolutely absolutely that people can

wean off of insulin

people can get rid of their diabetes

it's just a matter of some education

and doing some basic things everybody

can afford just pennies a day

dr wellick you are a guest to over a

thousand radio shows and numerous tv

programs across the country

each year if you were to compare the

american medical approach to other
countries in the world
how would you rate it we wouldn't rank
very well
uh when it came to actual numbers margo
although the american medical system
when it comes to technology is
is the most envied medical system in the
world yet we don't set any longevity
records we rank 17th in longevity by the
world health organization
there's actually 16 other countries
whose peoples live longer than we do
we rank 19th in healthfulness that means
that there's 18 other countries whose
peoples
live longer than we do before they
develop cancer heart disease high blood
pressure
diabetes arthritis osteoporosis we rank
23rd when it comes to
live birth and first year survivability
of babies and we rank
dead last in a survey of 32 top
industrialized nations
when it comes to preventing birth
defects we rank 32
out of 32. so what this means what these
basic numbers mean margo is we have the

highest price health care system in the
world
but not the best well i thought it was
because of our american system the
capitalism stress is that but it's not
that
no it's an ignorance in the medical
profession
dr wallach as a veterinarian and
physician you've launched quite a stir
how did you come to believe that most
diseases result from simple deficiencies
well margot as a veterinarian we learned
that we could prevent
and actually cure diseases in animals
reduce the amount of health care cost by
using nutritional formulas and that's
basically because we don't have
insurance for them we don't have blue
cross blue shield major medical
hospitalization
we haven't come out with that yet well
they've tried it many many times but
it's actually cheaper
and more effective to prevent and cure
diseases with nutrition
and i tried to get medical doctors in
the medical industry and people who are
in a position of authority
in the medical system to adopt this

concept for human beings was actually on
2020
with hugh downes and geraldo before he
got his nose broke for the first time
trying to get this concept across but
wasn't interesting to them and so i went
back to school for four years became a
physician
and i practiced in portland oregon for
12 years as a general family
practitioner i used everything i'd
learned
in veterinary nutrition my human
patients and it works just like a charm
and human
in fact it worked so well that a lot of
my patients used to kid their friends
and
and their relatives and they say look if
you're not happy with what doctors are
doing for you
go see doc wallach he'll treat you like
a dog but you get better
well excuse me for playing this skeptic
here but you said that farmers and
ranchers
supplement their animals food with
vitamins and minerals
well for me it's it's not hard to

conclude from that fact that their feed
was lacking something
absolutely and a farmer of course is in
business and if he has to spend a lot of
money on veterinary care
if he loses animals to disease can't get
him to market in time
he does lose money and so he's learned
through research at big agricultural
universities
that by supplementing animal feeds he's
going to keep his costs down
and he's be much more profitable
supplementing yes
what does that mean well that means
adding vitamins minerals and trace
minerals to animal feeds because they
know
that our soils are deficient and plants
cannot manufacture minerals and so they
have to get them from the soil
knowing that the soils are deficient the
only way to make sure
each animal even the weakest ones in the
group get the optimal amounts of
nutrition the only way is to put it in
the feed
and blend it together blend it together
make pellets that way every mouthful is
perfect

so does that mean dr wallach that
there's a problem with our food
yes uh i know you don't recall this but
there was a u.s senate document
264. and u.s senate document 264 was
very remarkable because it pointed out
very clearly
that the american soils are depleted of
minerals nutritional minerals
and as a result the crops that are grown
there the grains vegetables fruits and
nuts that are grown in these depleted
soils
are minerally deficient and as a result
the animals and people who eat these
minerally deficient
crops get mineral deficiency diseases
and the only way to
prevent and cure these nutritional
diseases is by supplementing with
minerals
now this document is pretty scary margot
because it was written and published in
1936
1936 1936 how come we didn't know about
it well at that time we began to put
vitamins and minerals and trace minerals
into animal feeds to make up the
difference

unfortunately for human beings we got
wonder drugs at the time
we got sulfa drugs in 36 we got
penicillin and 38
we got cortisone and 42 and everybody
was led to believe if we just
if we just give medicine enough money
for research and if we faithfully watch
dr marcus well be md every week
they will find a wonder drug for
everything well you know that's not true
today i'm concerned about my health
i eat a low fat diet basically i
exercise i avoid sugar and caffeine
i don't smoke and i try to get in a
salad a day
are you telling me that i still have a
high chance of getting a number of
diseases
absolutely margo because first of all
even in the best of times in history and
now and certainly in the future
minerals never occurred in a uniform
blanket around the crust of the earth
and as a result the ability of you to
get all 60 of the essential minerals you
need which
are two-thirds of the 90 essential
nutrients is
less than you winning a million dollars

each day for 30 days in vegas it's just
not going to happen
and so the only way that you're going to
guarantee that you're going to get
enough nutrients is to supplement
and of course we've tried this
experiment for 200 years americans as
you point out have eaten better than
anybody
we've had the highest quality of food
yet our average lifespan is only 75.5
about half
of our genetic potential for 120 to 140.
and there are people that live that old
oh absolutely there's six to ten
cultures that were written up
by the national geographic a very
reputable uh
group of people have a great journal and
they point out very clearly that the
oldest documented living human being
was 168 years old when he died 168
can you imagine lots of golfing in that
what do you feel are some of the
diseases you can avoid or prevent by
supplementing with minerals dr wallach
well actually margot according to the
cdc the center for disease control
85 of the hospital admissions in america

are due to degenerative diseases
and these of course are due to mineral
deficiencies most of them
this represents an enormous cost savings
if we could prevent these things which
we can
we know we can we're talking about
diabetes which is due to a deficiency of
chromium and vanadium
we're talking about osteoporosis and
arthritis which are multiple mineral
deficiencies calcium magnesium manganese
sulfur selenium copper zinc and so on
plus some vitamins
and then of course you have cancer which
we know we can at least significantly
reduce
the rate of cancer by selenium
supplementation
how many minerals vitamins that type of
thing are we supposed to have
we're actually supposed to have 90
essential nutrients margo
those include 60 minerals that's 6 0
minerals 16 vitamins 12 essential amino
acids and 3 essential fatty acids
and they're called essential nutrients
for two reasons number one our bodies
cannot manufacture and we must consume
them every day either as food or

supplementation

and number two if any one of these

essential nutrients is missing for a

couple of months or a year or so

we get on the average 10 deficiency

diseases so 10 deficiency diseases times

90 essential nutrients

it's 900 diseases that are preventable

with proper supplementation

dr schrozer the most dreaded of diseases

is cancer

one of three people will get it in their

lifetime and billions of dollars are

spent each year to treat it

can a correlation between cancer and

mineral deficiency be drawn

yes and selenium an essential element

is the key element that we will be

discussing today

because there's some really exciting new

news available

which i think is a true gift to the

american people

and this is a gift because it was

announced actually on december the 24th

of 1996. a good point but few people

probably watched they looked for their

presence under the tree

and so we can talk about that dr

schrauser

as the current president of the world

biomedical selenium society

you actually discovered more than 20

years ago that selenium is a highly

effective

trace mineral for cancer prevention why

in your words is selenium so important

for cancer prevention today

selenium is an essential trace element

this has been known since 1957

but my work has shown that selenium is

uniquely

able to prevent or delay the development

of cancer

almost irrespective of the cause of it

and in this regard it is becoming the

most important element that we have to

protect us

against cancer besides numerous

responsibilities

in your professional career you've also

spent a lot of time as editor-in-chief

of a leading journal on biological trace

element research

why is cancer prevention so important

because cancer

is a major cause of death just think

that in the us

alone last year 510

000 men and women died from cancer
therefore anything that we could
possibly do to prevent this disease
is important and should be done now and
people are really scared about it too
because i guess they don't know what to
do that is correct and because
cancer once you have it is so difficult
and painful to treat
takes often years and the end
is very unfortunate to everybody and the
costs are very formidable aren't they
absolutely dr schrauser one of your
major research interests
is the prevention of cancer with
selenium what evidence
is there to justify the use of selenium
for the prevention of cancer
by now the cancer protective and
preventive effects of selenium have been
demonstrated in virtually hundreds
of different animal experiments and we
now know that selenium protects not
only virtually against all chemical
carcinogens
but also against cancer producing
viruses
and this is something especially
important because more and

more it is recognized that viruses that
often may be hidden in the body
for years eventually may turn normal
cells around
and turn them into cancer cells and
therefore it is of utmost
important to have something there that
may even prevent
oncogenesis as we call it by viruses
and selenium is that agent so even if
somebody doesn't have a genetic
predisposition towards cancer they could
get it even then
you could get it because you could have
the genetic
information of a virus in your cells
which could be activated but studies
have now
shown that you can in fact prevent this
activation
if you get enough selenium that's
exciting news
absolutely this was actually shown in
china
where there's a region north of shanghai
in which
liver cancer incidence is extremely high
and the major risk factor in this
area was hepatitis b which is a virus
and it was shown that with selenium you

could in fact prevent
not only hepatitis b but also the
occurrence of liver cancer in
the population as a world-renowned
scientist and one of the pioneers in
selenium research
what is our own natural defense against
cancer
one of the chief system that we have is
our immune system
we have special white blood cells that
have the sole
purpose of killing abnormal cells that
are
practically almost always formed in our
bodies
for instance when you're out in the sun
certain cells may transform of course
you don't know about this
but there are lymphocytes watching over
this
and actually are killing these abnormal
cells all the time therefore to maintain
the function
of these blood cells is absolutely
essential
and what is now so truly fascinating is
that it has been discovered that
if you give people extra semenium

you can enhance the activity of these
cells
so that they can kill five times
more cancer cells than they normally
could
and therefore our immune system is
actually enhanced
by this trace element slovenia and so it
works naturally
and everything works naturally and there
are no side effects in fact the only
positive effects
and we will talk about some of these
outside of the cancer problem
but what evidence is there that selenium
actually prevents cancer in humans
there is what we call epidemiological
evidence
which shows that for instance in areas
that are naturally rich in selenium
fewer people die of cancer
and then there are studies in which
doctors have collected blood samples of
healthy people stored them for many
years
and then looked in that population for
people who developed cancer and then
they compared
the serum blood or blood selenium levels
and they found that people who later

developed cancer
had lower selenium levels before that is
when they still were healthy they
developed cancer
and that gradually gave rise to the idea
that semantium
prevented cancer in humans and
ultimately it
led the national cancer institute and
other agencies
to fund a large-scale cancer prevention
study which was just concluded this year
and which we will discuss actually
shortly from now
have there been some actual selenium
supplementation trials with humans
to prevent cancer as i already mentioned
to you there's
the first human studies were actually
done in china
one was done with a large number of
people
in an area in which esophagus cancer
is very common and it was found that
just a supplement containing selenium
vitamin e and beta-carotene would
significantly
lower the morbidity and mortality of
that population

the trouble with that study was that it
involved three agents
and so people as scientists as we are
are skeptical and we wondered is it this
or the other
but then there was a second study in
quidong in the area with high liver
cancer incidents where only selenium was
used
and was found to be effective and now we
have the search study done in the united
states with american patients
and there only selenium was given and
selenium was indeed found to be
effective
do they call it a water drug well you
could call it that i would call it a
wonder nutrient
because the selenium in all these
studies was given at nutritional levels
and this is actually a very important
point we must never
confuse prevention which deals with
keeping
your cells normal and healthy with
therapy which involves a medical
intervention where you have to correct
something that has already gone
abnormal or cancerous so we will talk
today exclusively

about prevention it's the best way

action before reaction

exactly dr schrauser what makes this

study so exciting in my view

it was that the age of the participant

was older than i would have expected to

lead to a successful

study because the average age at the

beginning of the study

of the participant was 66.4 years

at that age you would think it's maybe

too late to start preventing cancer

and yet after a period of seven years

this was the average observation period

it was found that in those

sub subjects who received the selenium

supplements

the cancer incidence and mortality was

up to 50 percent lower

than in the control group which only

received placebo

that's exciting and moreover what

turned out to be for me even most

amazing that

even a terrible cancer like prostate

cancer

afflicting elderly men was very

significantly prevented by just one

agent

an agent that is inexpensive to obtain
and doesn't produce any harmful side
effects whatsoever
i think this is a study that the
american people need to know
because it really opens the door to it's
an effective
mechanism of cancer prevention much
simpler than anything
anybody would have thought in the past
and it's taken so long for us to really
grasp that information we're so grateful
you're here
have there been any unexpected results
there have been not really any truly
unexpected results but i should caution
that
the original aim of that study was
to see if patients and in fact the
participants in that study were all
former
skin cancer patients the purpose of that
study was to see if you could protect
these former skin cancer patients
from developing metastases on new skin
cancers
and that didn't work the lesson we have
to take from this is the following
if you had cancer it is possible that
your body

harbors transformed cells
now these cells are usually more
resistant and they are a different you
can say category than normal cells
and there a simple nutrient such as
selenium
is not sufficient to cause
a true effect we need additional
measures
therapeutic measures but that doesn't
mean that selenium shouldn't be taken
you just have to watch out if you had
cancer
this is a more serious matter and you
need medical attention
you need additional therapeutic
modalities to protect yourself
against recurrences so the bottom line
is really a balanced wisdom in using
med traditional methods and also
nutritional methods exactly and you
have to very well be aware that
prevention
is something else than therapy and it's
best to prevent first too and
absolutely what are the consequences of
this for anyone who had cancer
and now wants to take selenium i think
anyone should now start can now start

taking selenium
it is only that those people who already
had cancer
still require the regular medical
checkup
and additional treatment modalities as i
have already pointed out
it is reassuring to see that one can
prevent prostate
lung and colorectal cancers
but what about breast cancer and other
cancers that afflict women
now the american study which was
directed by dr
clark from the arizona cancer center and
which involved 1312 participants
unfortunately didn't use enough women in
the study and the reason was that they
totally randomized the study they didn't
know the
the gender of the participants so
unfortunately
that study didn't produce enough good
data for
breast cancer prevention but our own
studies have shown that breast cancer
can be prevented in animals with
selenium
very well and i can even show you a
paper that was published as early as

1915

in the united states where they treated

actually breast cancer patients with

selenium successfully

unfortunately that study was forgotten

maybe it was

world war one what one really has to

watch for breast cancer prevention

is that one has to begin taking selenium

as early in life as possible

and that is because the malignant

transformation

of the cells in the mammary gland can

occur

early and these transformed cells

often sit in little nests for years

without doing anything

but these malignant cells then later

could

actually develop into tumors and

for that reason i strongly recommend

start with selenium as early as possible

and of course you must maintain

always regular medical checkups

self-examination and all methods

that are available to detect mammary

tumors as

early as possible because it's always

the case that

some cancer cells can form we sort of
escape
the screening system of the body so
to summarize it is still necessary
to watch out very carefully in spite of
taking selenium
but please do take the menu and another
thing
one has to consider is diet i often
tell women who ask me what can i do to
protect myself
so half jokingly i say buy a japanese
cookbook
and switch to a more japanese diet
because we know that in japan the breast
cancer mortality and
incidence is remarkably low but as now
japanese are starting to eat more
western styles american food
sugars that's right the breast cancer
incidence is actually increasing even in
japan
and so i say let's turn around and say
if you are at risk of breast cancer you
think we are
at risk start live like the traditional
japanese do
which is fairly easy in the united
states it's a rice style very popular
seafood and but you also should take

selenium with it because we've actually
done a study where we gave mice that had
a mammary tumor virus
a simulated japanese and the simulated
american diet
and it turns out that the american diet
offered no protection
unless and until we added selenium
the japanese diet offered some
protection
but it became much better when we also
added selenium to that diet
so the answer is yes live like a
japanese lady
and take selenium that is i think a very
good recommendation we can make right
now with ethical
justification dr schrauser what is the
opinion of the national cancer institute
and some scientific peers on selenium as
a cancer preventative
a few years ago i attended a special
selenium meeting at the national cancer
institute
and there a spokesperson said that
selenium is
actually the only agent they had that
showed promise
the only agent that's what he said now

again an agency consists of people
but i wholeheartedly agree with him
because you know there were other agents
that were touted for a while
beta-carotene for example which didn't
actually pan out
in larger studies but selenium has
actually
panned out and so yes
the national cancer institute endorses
the selenium studies
however they are cautious and in my
opinion a little bit too
cautious in making general health
recommendations
at this time they want additional
studies
now i ask you would you rather wait
another 10 years
before you start taking selenium i would
suggest that you don't wait
start taking it now what's the downside
if i did take it and it proved
that they did these 10 years of research
and nothing panicked the only downside
of you taking selenium would be that you
could be
could not be a participant of the new
study that they
would do but you would protect yourself

and
i even wonder if there is not an ethical
problem now to conduct such studies
because
i wouldn't want to participate in the
study where i would tell you
or without telling you give you a
placebo for the next 10 years
and watch until you develop breast
cancer if i
already know that the chances would be
high that i could prevent
you from getting the disease and so
these ethical problems should be
addressed and
well i believe you should take selenium
and you should take it
when we come back we'll talk about just
how old you can live to be
and we'll talk with a sweet lady who
experienced a vitamin and mineral
[Music]
miracle
inga thank you for inviting us to your
home to sit and chat hearing about your
life and
before and after your illness tell me
what did you experience when you were
sick what kind of ailments were you

facing and then what was your life

before

i faced arthritis osteoporosis

chronic fatigue epstein-barr virus

they told me i had fibromyalgia

i had my goodness thyroidectomies

his total hysterectomies

what kind of surgeries did you have i

had fusions done

on my neck where they took the bone out

of my hip

i had knuckle replacement done because

you had such bad arthritis

yes it completely deteriorated my

knuckles

the pain you told me was so incredible

yeah it was i took roughly

seven vicodins a day

just to be out of to do some work some

functioning you know in my home and you

mentioned that the pain was so

bad in your leg that even the doctors

were suggesting yes i had very bad

blockages in my right leg

it throbbed day and night and

they wanted to take the lake off because

of the pain

and i also was scheduled for more knee

surgeries

oh my goodness chronic tendonitis

carpal tunnel syndrome just like you
were falling apart
i was that's what i did so it
impacted your life obviously physically
but also financially
and mentally i went through my life
savings because of my illness for eight
years
and had them remortgage a house what was
paid for
in order to build a new house double
door
everything wide open space so i could be
moved in a wheelchair and i could
function in that house
had a toilet put in a high toilet and
open doors to get into a shower
everything ready for a wheelchair and
you mentioned to me earlier that
it got to the point where mentally you
just didn't want to face it anymore
no the pain was just so severe
that you just there comes a time you
know you don't want to you want to end
it all
so what was the change what happened to
you that
gave you hope what gave me hope was dr
wallach listening to his radio show

the last 12 minutes of his show
he explained to a woman she had
osteoporosis of the spine
and i followed these rules
my son drove to the grocery store got
the gelatin
we ordered vitamins minerals claudium
colloidal minerals everything liquid
because you absorb it so much easier
and i start taking it day and night
i took it 10 15 times a day i didn't
think i could overdose on
vitamins and minerals because i should
have been dead with all the medication i
took
roughly 20 some pills a day oh my
heavens
just to be pain-free so from the time
that you heard that
radio program and your son got the
medication yes how when did you start
noticing a change physically
well i kept on taking it day and night
and within three to four weeks
my back didn't go out anymore and
nine to ten weeks after all that i woke
up one morning
was pain free i felt for the first time
in 10 years
normal i felt light as a feather

and i jumped out a bit and i said my god
i can move without any help
i walk it was
like a new life yes i was like new
reborn
so what are you like now what is your
life like i'm a hell raiser
like i used to be i swim
i hike again with my dogs i do what i
want to do again
and you credit it to dr wallach
and the minerals the vitamins the
colloidal minerals
and the gelatin and a lifestyle you
mentioned oh yes
yes i will forever be thankful to him
he changed my life i just follow what he
says
thank you inga we appreciate you sharing
your experience
and we wish you all the best in your new
life thank you
[Music]
do
wasn't that an incredible story gives
all of us a sense of hope
absolutely after seeing the amazing
results mineral supplements gave inga
reagan

dr wallach should we just go out to the
grocery or health food store
and get any supplement or what should we
look for well basically margo
we have to educate ourselves what a
mineral is there's actually three types
of minerals number one there's the
elemental
mineral this is uh relatively low in
absorption and availability to animal
and human being only as an adult only
three to five percent
uh to a child maybe eight to twelve
percent and
uh in the sixties uh we actually came up
with a form of mineral known as chelated
minerals this
is because farmers aren't willing to put
a dollar in an
animal's mouth and have 99 cents come
out in the manure so
we learned that by adding amino acids
and proteins and maybe even enzymes
which are proteins that do work to the
elemental mineral
it increases the availability tenfold
but the way that animals and people were
designed to consume and absorb minerals
is in the colloidal form colloidal
colloidal yeah small particle size and

suspension
and this is 98 available
to animals and people as much as 10
times more available than the elemental
farm
so basically what we're looking for here
for usability is either the chelated
some form of chelated mineral or the
colloidal mineral
dr schrauser what is the best form of
selenium for us to take for absorption
and to avoid toxicity
the best form is a nutritional form
which is normally found in plants
and the compounds you should look for is
seminomethionine that's an amino acid
which has selenium in place of sulfur we
call the sulfur amino acid mesionine
but plants also produce an amino acid if
you give them enough selenium
which is selenium messianine and built
that selenium
into the proteins of the plants
and therefore certain grains for
instance are rich in selenium methionine
and this selenium cyanine can be found
in quality supplements
and that is the selenium that we should
be taking

at this stage for nutritional purposes
dr wallach if i don't get hit by a train
and i choose to supplement with selenium
and the other required nutrients my body
wants and needs
how old can i live to be well the fun
thing is margot
we have the genetic capability of living
healthfully now
to be 120-140 there's no reason why you
can't be playing golf and jogging and
having fun playing cards
with the girlfriends and boyfriends in
120 140.
human beings do have that genetic
capacity but i would be quick to point
out that americans don't do a good job
when it comes to longevity
we only live to be 75.5 half of our
genetic potential
and so we do need to consciously make
sure we take in all 90 essential
nutrients
so we can get there from here which all
of us really want to do
as long as we have quality of life right
people don't want to be a shriveled up
prune at 100 years old sitting on the
toilet all day so you don't have any
time to do anything fun like golf or

play and
so on so you do have to take in all 90
essential nutrients
so that you can be healthful there
there's no reason
you can't for instance jean calment this
lady who now holds a record for
longevity and
about 122 she rode her bike for 105
years as a volunteer librarian
and certainly everybody can do that if
we just do the right thing
in conclusion dr schrouzer how can we
prevent and survive cancer
we can prevent it as we have seen with
selenium
and also and this is important
with a healthy lifestyle we should not
smoke
we should not drink excessively we
should have a healthy diet
and we should watch for small changes
which occur
and we should have regular medical
checkups to see if changes that we
cannot
observe have possibly occurred and we
should see
to it that these changes are observed as

early as possible
with this package i think we can
successfully prevent cancer
and dr wallach how can we prevent or
improve these other diseases
like arthritis diabetes heart disease or
alzheimer's
well again you've picked out diseases
that are degenerative diseases that are
either directly or indirectly related to
nutritional deficiencies and
as dr schrauser points out very very
well
give up the bad things like fried foods
and sugar and caffeine
and excessive alcohol and take in
consciously supplement with all 90
essential nutrients
60 minerals 16 vitamins 12 essential
amino acids
and 3 essential fatty acids and of
course this includes
chromium and vanadium for the the
diabetes that includes selenium for
cancer
it includes the calcium magnesium boron
and sulfur and chondroitin sulfate for
for arthritis and osteoporosis and if we
do these things we can have a quality of
life all the way up to 140.

if you or a loved one has been affected
by any degenerative disease
including arthritis high blood pressure
diabetes add
osteoporosis or cancer don't wait for
your doctor to give you permission
you've now learned many things today
that your doctor doesn't tell you
so take control of your own health and
give your body the nutrients it wants
and needs
[Music]
today
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sent this to you
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into greater detail
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advice and treatment

in all cases we recommend you contact

your physician directly

regarding any medical conditions

hello this is blake graham triple

diamond with american longevity and it's

a pleasure today to be here with dr

ronald pugh

optometrist and philanthropist as well

as

a real student of nutrition dr pew how

are you this morning

i'm very good thank you for asking blake

tell us a little bit about your

background

i am an eye doctor i've been seeing

patients for over 30 years

i've had a chance to study extensively

nutrition for more than 40 years having

a tremendous interest in nutrition

because of my

mother my mother always had struggles

with her health for

as many years as i knew her and so even

in high school

in the health classes i paid attention

in college i paid attention on my

opportunity to serve other people

worldwide i've paid attention

and as i've found over the years

nutrition
is so critical it's exactly as a mom and
grandmother told us
we are what we eat and it does make a
difference the fruits and vegetables are
important
the new breakthrough within the last i
would say 10 to 20 years
is quality supplements that goes along
with what the food lacks
it was brought to my attention back in
the 90s when i read the senate document
264 that goes back to 1936
that talks about how the land is lacking
the minerals therefore the food
and the animals that eat the food and
the people that eat the food and the
animals are lacking
minerals and how important minerals and
how important nutrition
is to our overall body health and how
many
mineral deficiencies and vitamin
deficiencies
cause physical problems and with my
mother having so many physical problems
when she went to the doctor
she had two pages of problems
and she didn't mention the big ones like

diabetes and blood pressure and the
obvious ones
these were all little pains and aches
and problems and worries that she had
and so i've been very very interested in
finding what would have helped mom
she died at age 75 so she's gone now in
the process what will help myself
my siblings my fellow man i'm very
interested in nutrition
tell us a little bit about where you
studied for optometry school now i know
you're not just
an optometrist you're actually the top
of your class well i wouldn't say grade
wise as on top of the class i've always
been
high in my class academically but
my optometry school my class did honor
me
as picking me as the outstanding student
as we graduated
when you're picked by your peers it does
give you a special feeling
but i had a chance to study optometry in
pacific university
forest grove oregon and leading up to
that time
i've been studying at three universities
one in las vegas

one in provo utah bring appearing
university and then i did finish up my
bachelor of visual science my doctor of
optometry degree at pacific university
in oregon
how long have you been in practice i
started my practice in utah county in
1975 so
i'm approaching 30 years now in addition
to
practicing you actually do optometry on
a volunteer basis
down in mexico and you've been doing
that for a number of years tell us a
little bit about your trips to mexico
in 1983 i attended a world congress
which was called the americas metric
association
and in that world congress they pointed
out that over half the world would live
and die
and never once see an eye doctor never
have eye glasses
and everyone will have problems if they
live long enough and i had a desire at
that point
to share my talents my skills with
vision to help people to be able to see
better

and so in march of 1984 i made my first
trip to mexico
i went with other doctors we saw 3 200
people we give about thousands of
glasses
and since that time i've led the utopic
association
what we call bosch volunteer optometric
service humanity
i've led 25 trips and then been involved
with 25 trips to mexico
taking over the time thousands of people
and hundreds of thousands of glasses
our most recent trip was in march of
2004
and we're able to see 2800 people able
to give out 16 000 pair of free glasses
we're now working on a trip to guatemala
we're hoping to
take vision to people of all over the
world
in those countries where they're unable
to afford eyeglasses
afford eye exams we're not really trying
to take work away from the practicing
doctors but these are people that would
never have access
to eyeglasses or to eye exams and
in my mind's eye helping people to see
is really really special but i also have

a desire in my heart to help those
people prevent blindness because that's
also one of my specialties
is helping people realize what causes
blindness and
once they understand what causes
blindness they then have a choice
to either go ahead and become blind like
their countrymen
or to change their nutrition change
their supplements
and actually prevent and avoid blindness
now 25 trips you said one trip was 3 200
people one trip was 2800 people is 3 000
people
about the average i would say 1500 to 35
000 people is about the average people
that we see in our trips
so with 25 trips that's upwards of 75
000
people that you've actually met with and
helped with eye exams and
which sounds good if you take it person
by person and i'm happy because every
person
this may change their entire world and
how they see it's kind of giving them
magic
windows that they can look out of and

now see the world
but compared to two billion that need
help it's a drop in the bucket
but i think it's pretty obvious you've
got quite extensive experience in
working with people it's not just
a few hundred patients that come to your
office individually it's also all of
these thousands and thousands of people
you've seen
in mexico and now you're working on
actually expanding that service to
guatemala is that right
that's correct into other countries the
thing that breaks my heart
is even though we're able to give them
vision we see that these people
many times because the same people that
need our services
also have horrible nutrition they have
so little money and
their neighbors are actually quite
healthy looking and the little people we
work with the little girls are
beautiful as teenagers but as they have
their first or second or third child
their teeth start to fall out i'm sure
it's a calcium deficiency
and other deficiencies come up the
children themselves have birth defects

there's many things that still pull my
heart strings that i want to do more
than just give out free eyeglasses i'd
like to be able to help those people
to educate themselves and be able to
make changes
that are meaningful in their life so are
you seeing the same kind of health
problems we have here in the u.s
i am i'm seeing mineral and
vitamin deficiencies throughout
everywhere i go
it's very very sad to me to see people
suffer
and a lot of it just begins by not
knowing the difference by not knowing
what to eat what not to eat and how to
supplement the
necessity of supplement but the other
side of the coin is
although it's sad to see those
challenges it's also
hopeful to know that there's something
we can do about them i talk about six
inches from health
i think people are only six inches away
from being healthy
and the six inches is the spacing
between their eardrums

it has to change within the person's
mind a person needs to become
responsible
for their own visual and physical health
by educating themselves
and doing according to their education
well dr pugh one of your passions is
preventing blindness and you talk about
the top five reasons that people go
blind
tell us a little bit about those reasons
the top five reasons people go blind in
the united states
of america the number one and number
five reason is macular degeneration
and cataracts both of those are caused
by
free radicals if people could understand
where the free radicals come from
and prevent those as much as possible
it's impossible to prevent them all but
you certainly can cut way way back on
exposure to the free radicals
by controlling the things that you eat
by controlling the
exposure that you have to first and
second-hand
smoke to be specific to margarine
everyone can decide i'll never eat
margarine again

butter is healthier because butter at
low temperatures if it doesn't change
color doesn't have
the free radicals it doesn't go into the
trans fatty acids
if a person could get their antioxidants
up and again that's a choice
people have to choose to eat fresh fruit
is better the brighter the color is
better
the darker berries are better there's a
lot of things as people find out through
education
what to eat and how to prepare it and
more importantly what not to eat
the analogy i like is i fly airplanes
and if you and i were going down to take
a flight in my airplane
let's say we had a quarter of a tank of
gas i'd like to have more gas and we're
using the analogy of the airplane
and ourselves as our body and the gas is
what fills the tank and food is what
fills our
stomach and so as we're hungry we're
thinking about what we're going to eat
the gas tank in the airplane needs to
have more fuel
we start to put the 100 low lead fuel in

which is what the airplane
needs now if halfway through fill in
that gas tank if i start feeding a
little bit cheap and thinking oh i don't
really want to use
this expensive gas let's just fill the
tank with something else
let's put some dirt some weeds let's
throw some water in there let's just
fill it with water it's okay it's just
an airplane
and so now the tanks say full and this
is kind of how we eat
we start to eat and we think you know
this is good for us and this isn't but
yeah i'm really hungry so
you grab a handful this and munch that
and fill up on whatever it takes to fill
our tank
now the airplane that's unthinkable we
don't want to go flying now that we've
filled it with junk
and yet our bodies we do that day after
day week after week year after year
and we wonder why we get sick as we get
past 40 50 60 70 why we die early and so
the idea is that with the airplane it's
important what you put in
we want the hundred low lead but it's
probably more important what we don't

put in the tank
we're not putting dirt we're not putting
water we're not putting impurities
and in our body it's the same thing it's
important what we put in
but it's also important what we don't
put in and to know what's right
and with our bodies we also need
supplements in order to make up for
what's not in the food
you've become quite a student of
antioxidants in recent years
tell us a little bit about free radicals
and how antioxidants help protect us
from this damage
i've been watching the reports of the
newspaper the
professional journals i even heard in my
professional meetings now
about free radicals and antioxidants 20
years ago
i didn't know anything about them 10 15
years ago i started to hear a little bit
in the last 10 years
i've studied extensively the free
radicals
are created as their molecules in their
body
have actions upon them for example

something causes an electron to fly off
and the molecule becomes unstable
becomes a free radical
whatever caused that to fly off could be
margarine
the hotter it is the more free radicals
it creates it could be
vegetable oil the hotter it heats the
more free radicals it creates
it could be uh anything fried
first or secondhand smoke it could be
sunlight it could be power lines it
could be a cell phone it could be
a microwave it could be in pure water it
could be the air pollution
all kinds of things cause free radicals
and our body
has free radicals running through our
body is causing cellular damage
of tremendous proportions our cells get
bombarded by free radicals
to the point that uh if we weren't
divine if we weren't made by god
i've been told that i believe that if
the free radicals were
overall and we had no antioxidants to
offset them
then in three days we'd die the
antioxidants are the good guys those are
the guys that are

in the fruits in the vegetables they
have extra electrons and when they find
a free radical
they give them the electron and settle
them down before they can cause damage
and so the idea of good health would be
to have your antioxidant level as high
as possible
have your free radical level because of
what you choose to take into your body
and how you protect your body to have it
at low level and so that if the cellular
level
the free radicals are low the
antioxidants are extremely high
and it can take care of the problem
before it really has a chance to begin
and on doing this you're talking about
anti-aging we're talking about staying
younger longer
we're talking about protecting from
cataracts from macular degeneration
we're talking about cancers most cancers
i mean people
i've heard as many as 30 or 40 cancers a
day or started in the average person
and if a person had the antioxidant
level high enough
to solve those before they ever got out

of proportion before they got away
before the body was able to handle those
the body could go in and actually nip
those in the bud
stop the cancer when it said a cellular
just one molecule stage
one cell stage and we could prevent many
of the horrible things that people are
now experiencing
all kinds of degeneration of the
different body parts
well if we're getting free radicals even
from the oxygen in the air we breathe
then i think it's probably impossible
for us to completely eliminate the free
radicals
but you said a great strategy is to
reduce your exposure to free radicals by
taking the things out of your diet that
shouldn't be there
and you mentioned uh margarine and
vegetable oil
fried foods burnt animal fat burn animal
fat
butter is good but if you heat it too
hot if it starts to change color it
turns in trans fatty acid turns into
free radicals
first and second hand smoke are horrible
the numbers are astronomical from one

cigarette
first or second hand and so it's one of
those things that
we have to have the antioxidants and god
has placed the antioxidants and the
bright colored fruits
especially in the skin of those fruits
especially in the berries especially in
the dark berries
and even chocolate is coming in as a
wonderful source
of antioxidants chocolate on the orac
which is the oxygen
radical absorption capacity it comes in
over 13
000 an orange will come in at 750.
chocolate's a wonderful source even milk
chocolate comes in over 6 000
on the oryx scale so we're talking about
per 100 grams about the size of your
fist
if you eat 100 grams of dark berries you
get like 2 400
rating for your orek you eat an orange
you're getting 750 dark chocolate you
get over 13 000
and so the idea is to eat the quality of
fruit eat the quality vegetables
your green leafy vegetables are high

your spinach your chard your
kale very very high on the ratings and
so the darker the leaf of the green
and the brighter the color gives you
more and more antioxidants but
supplementing is very important
eating the fruit and vegetables is a
good source but people that
really want to get their antioxidant
level as high as possible supplement and
you're talking about green tea extract
you're talking about grapeseed extract
you talk about extra vitamin a vitamin e
vitamin c
zinc encapsulating chocolate that's so
bitter you couldn't eat it
but it's so pure that if you took it as
a capsule you get that wonderful
antioxidant value right into your system
now you mentioned dark chocolate and i
know a lot of people are going to be
excited to hear that they can eat
chocolate
does that mean people should just go out
there and eat more chocolate candy bars
let me tell you about chocolate and
other foods you take chocolate
and it's god made and you add to it
pollution
you're talking about the waxes you're

talking about the refined sugar you're
talking about the hormone milk
hit the pollutions and now you've made
it where it shouldn't be eaten
you take an egg god made it as good but
you fry that egg and now you've filled
it with free radicals it's not good you
take meat
it's good meat sparingly won't hurt you
especially if you're supplementing
properly but if you overcook that meat
now you turn into trans fatty acids
you're creating more free radicals
and overcooked meat will actually
increase cancer by 462 percent
and so it becomes carcinogenic and so
you can take something good
and you can ruin it or you can take it
the way that god created it
and maybe with a little bit of
preparation you can make it good for you
or even better for you
man tends to screw things up god tends
to make things so they're good for you
now if somebody's just eating a good
diet say they really consciously try to
eat lots of
dark green leafy vegetables and lots of
the dark berries are they getting enough

antioxidants just from the food they eat
they definitely are better off by
controlling what they eat by eating the
good stuff that stay away from the bad
stuff
but i truly believe that supplementation
is critical
necessary important it has to be
in our day and age where we live we have
to supplement
you don't know what you're getting you
don't know what you're not getting
personally i like to eat
like there are no supplements but then i
like to supplement like i'm eating tree
bark and leaves
because i'd rather have double than
nothing so i'm very careful what i put
in my body
and i'm very careful to supplement each
time as i take food because i'm eating
now to live
i want to be able to stay to do as much
good as i can on this earth for as long
as i can and feel as good as i can
i truly believe i can get to 100 without
aches and pains
when you talk about supplements is there
a difference in the quality
of different supplements or are all

supplements essentially equal
i've done quite a bit of study on this
i've tried different supplements i've
looked up the literature
i believe there's about 1900 supplements
on the market and out of those
i only know of a handful that are worth
taking
and the ones that i like best are the
ones that have the most bioavailable
ability to get into the tissue to give
us help for example minerals
if you chew on a rock you don't get much
if you chelate it
it does increase its absorbability but
the best minerals come out of plants
plant-derived minerals are the very very
best
and those plant-derived minerals are
available they're a little bit hard to
find
but they're worth looking for and there
are sources to get
plant derived minerals even when the
bottle says plant derived minerals you
have to look at who's bottling that
and whether or not you trust the people
and whether or not they're accurate
i like to have supplements that have an

independent lab
evaluate and so that i know that what it
says on the bottle is really
what's in the bottle i find that
vitamins and minerals
are different qualities different
absorbabilities i find the different
pills some will absorb some don't people
that run
the sewage plants find thousands of
thousands of pills that haven't even
dissolved they've just gone right
through people
and have done them virtually no good at
all so yes there's a huge difference in
the different quality of supplements
i know a lot of companies that sell
antioxidants they just list you know we
have antioxidants in there
how do people know if they have a good
antioxidant you mentioned this
auric score oxygen radical absorption
capacity
is that something that can help people
tell that they have a good antioxidant
the best way i know to tell on a good
antioxidant is to have an independent
lab
that does an rx score and you can
compare different liquids that say they

have antioxidants
you can compare different preparations
and based on that
oryx score i think that's an excellent
way of seeing
who really has the high antioxidants and
who just says they have it
now is the auric score pretty objective
or is it more subjective does it depend
on who's doing the test
oryx score is science and science means
that you can measure it
and so i think the most important thing
on the auric score is to have
an independent lab that has no financial
gain from lying someone that does good
science
and does good comparatives would be a
score that i would trust
dr pugh what are some of the diseases or
health challenges the problems that are
associated with free radical damage and
the lack of antioxidants as an eye
doctor the two concerns i have
specifically is macular degeneration the
number one cause of blindness
which now by all the eye doctors of
america in their literature
the american optometric association the

journal of the american optometric
association
october 1998 said that certain
antioxidants vitamins and minerals and
twice a day dose of antioxidants
and diet low fat high complex
carbohydrate
meat sparingly moderate protein and lots
of green leafy vegetables and fresh
fruits would actually prevent
macular degeneration i've seen 11 of
those come back
i had my first experience a few years
ago
where i gave this article from the
american optimistic association
to a young lady and her father was so
blind because immaculate generation
he couldn't drive she came back a year
and a half later
and because of the story she told me i
brought my son-in-law in who was
kind of a skeptic i says doug come and
listen to this story
and the young lady said you know my
father did exactly what the article said
he added the antioxidants he did the
vitamins the minerals the supplements he
changed his diet
and now he's able to drive day and night

his vision has come back
that's the first time that i personally
had ever heard of macular degeneration
being reversed
prevented i think the eye doctors accept
that even in the archives of
ophthalmology
october 2001 it talks about 19 percent
of 3 640 people showing that they could
slow down or prevent age-related macular
degeneration
but reversing it that one is exciting
preventing is exciting reversing
is exciting cataracts is another thing
that just
i worry about every person i've ever
seen age 65 and older has cataracts more
or less or else have been removed
cataracts seem like they're inevitable
and yet and that's in mexico and the
united states
and yet people that do their
antioxidants get them up to a
sufficiently high level
take their free radicals down eat
properly
i believe cataracts are preventable
and i've seen three reverse i've seen
three reverse i'm hoping to see a whole

bunch reverse

i'm planning not to have them myself

because i've got my

antioxidants high i keep my free

radicals down i pay attention to my diet

all day every day

cancer is a concern everyone in my

family has had cancer

i grew up in southern utah where because

of the testing of the nevada test site

we had lots of fallout and people have

cancer

with antioxidants you can stop

cancer you can slow cancer down you can

reduce cancer

aging process i haven't found anybody

yet that wants to get old that wants to

get wrinkled that wants to turn from a

plum to a prune i haven't seen people

that like to have all the aging process

and the degeneration that comes with

aging

free radicals is what causes a lot of

those problems throughout the whole body

antioxidants nip it in the bud slow it

down

can't prevent it completely but you

certainly can slow it down and it's

worth doing

now actually seeing people who have had

their macular degeneration
or their cataracts reversed was that
hard to accept as a doctor i know most
of the time we hear about prevention
and not actually about diseases
reversing i haven't heard very many
people
talk about diseases reversing as i
talked to the doctors in the hall i
am getting doctors that says yes i saw
macular degeneration reverse i saw a
cataract's reverse
but i haven't heard it preached i
haven't heard it talked about at the
head of the seminar
uh a month ago i was at my utah
symmetric association meetings
and the gentleman that was giving the
lecture said that
with vitamin c alone cataracts can be
prevented
57 percent of the time vitamin c
is an antioxidant it's a good
antioxidant but you get a green tea
that's 100 times more powerful
you get a grapeseed extract which is 100
times more powerful
and yet you can reduce it with vitamin c
57 percent

but i still haven't heard them talk
about reversals i'm watching reversals
i'm believing in reversals
but you don't hear it taught by the
doctors but they are starting finally
to talk about prevention they talked in
the
american automatic association meetings
in 1987.
it was a lecture i listened to about
vision and nutrition
and they talked about prevention there
but i haven't ever heard
where people say that it can be reversed
i'm seeing it reversed
i'm thrilled with it being reversed but
they don't teach it and they don't write
about it yet
your patients that haven't reversed have
to be very excited about it
they are thrilled to pieces and so are
their families
to do this to actually get the best eye
health you can and when you talk about
reversing some of
these diseases you weren't talking just
about taking antioxidants
there was a lot more that people were
encouraged to take what are some of the
other essential nutrients

that you recommend people take for
proper eye health the proper eye health
starts with diet it starts with what you
eat and what you don't eat
and then it goes beyond that with the 60
known
minerals that people need these are
mostly trace minerals
we've identified at least 60 i'm sure
there's more
and then there's 16 vitamins including
ae and c
and there's 12 amino acids and folic
certainly being one of those that are so
important
and then there's the omega 3 6 and 9 the
fish oils the flax seed oils
that are very very important and each of
these need to be prepared
in a way that is symbiotic a way that
your body can most use it and i like
them in a therapeutic dose i like them
to be
where they actually do some good not
only preventing but if you have
degeneration which
everybody has it more or less where it
actually starts to restore where the
body has a chance to build maintain and

repair itself
and so i like to have these in the right
amounts i'd like to know who is
preparing these
i like to know that the essential fatty
acid has been protected from heat
from light from oxygen that they're
paying attention as they combine these
different
vitamins and minerals and amino acids
and essential fatty acids
and then what it says on the bottle is
really what is in the bottle
what it says on the capsule is really in
the capsule
people that have these preparations
tested by independent labs
and have the proof so that they know
that what it says
is what it is and they have the
integrity to keep and maintain that
now when you mentioned you called it
therapeutic doses is that a lot
higher than like the rdas the rda's is
made to keep a little soldier
17 years old alive as he gets off the
boat in world war ii
until the germans can shoot him tell the
japanese shoot him
we're talking about just barely keeping

prisoners alive
that's not my idea of thriving that's
the minimum
i don't want the minimum i want a higher
much higher dosage which is actually
going to have a therapeutic effect
i've reversed my arthritis in my body by
having a therapeutic amount
of the vitamins and the minerals and
especially extra calcium and glucosamine
i've reversed my blood pressure by
having a higher than
minimum minimum is not what i want for
my body
i would like optimum i would like the
antioxidants as high as possible
so when you started getting all of the
essential nutrients you said you saw
a difference in the symptoms of
arthritis as well as your blood pressure
came down
did you notice any difference in weight
loss i've noticed i haven't gained a
pound since 1987.
1987 is the same time when i started
paying attention
to not only eating but quality eating
cutting out the bad stuff eating the
good stuff

i didn't start adding in supplements
until 96. it took me until 96 to realize
that i needed to supplement with the
vitamins and the minerals and the amino
acids
and i didn't catch on to the essential
fatty acids
until about 2001. i had to go back and
restudy what essential fatty acids were
i mean just by the sound of it
essential okay i can understand that
sounds like i need it
but fatty acid who wants fatty acid that
doesn't sound good
but as you go back it is absolutely what
your body needs
in order to absorb in order to be
healthy in order
i use essential fatty acids in my
practice to help people
moisturize their eyes so they can wear
contact lenses if people would drink a
half ounce of water for every body pound
of weight
they would hydrate themselves with water
and again with water i talk about
five levels level one you flush you
don't drink that
level two is in the rivers and streams i
don't think you want to drink that

either
level three is what they purify and they
put through your taps
in most cities that's okay in the united
states of america i don't drink it in in
mexico though
level four is what they bottle what they
purify what they've really tried to make
good for you
level five i'm not yet i'm on level four
but level five is where i'd like to be
that would be like reverse osmosis
and adding the minerals back in so i
really control everything that i'm
drinking
and so you want to hydrate yourself with
a half ounce
of water the higher quality the better
for every body pound
so if a person weighed 100 pounds you're
talking 50 ounces of water or i weigh
close to 300 pounds and coming down by
the way thank you
i do like five quarts i try for 150
ounces of water a day
and then if you take the essential fatty
acids that helps moisturize your entire
body
and i find people that cannot wear

contacts or have a problem with dryness
in their eyes especially in the utah
desert
do much better as they add in the
essential fatty acids they add in the
hydration
and they're able to moisturize
themselves from inside out now that's
the essential fatty acids that help your
body retain that moisture
they help not only for people with
contacts but i've heard you
recommend extra essential fatty acids
for people that are having the eye
surgery the corrective
vision surgery isn't that right once you
go in for laser surgery if they can be
hydrated and have the essential fatty
acid
and i'm talking about 6 grams 9 grams 12
grams 15 grams depends on their body
weight
but if they'll hydrate themselves and
then continue to keep that eye moist
after the laser surgery
we get much better results i highly
recommend that my wife's heels that were
dry and cracking
they've gotten better on the centrify
acid she doesn't have to use as many

oils on her elbows and
it just moisturizes every cell in your
body makes every cell more absorbable
i love essential fatty acids well tell
us about
those top five reasons people go blind i
know you've mentioned number one and
five
number one and five is macular
degeneration and cataracts free radical
cause
antioxidants and the full nutrition
eating the right things not eating the
wrong things
supplementing properly you can prevent
those number two is diabetes
i always ask two questions people know
the answer what causes diabetes they
don't have to answer the questions
what color is the white house you don't
have to tell me you know that and what
causes sugar diabetes
if you don't know that we'll have a
special help session if you
cut sugar down to almost zero if you
take out natural processed sugar out of
your diet which we don't really need to
be healthy
we need to not have sugar natural

processed and refined carbohydrates
also turns into sugar within 15 minutes
so if you take out the refined
carbohydrates we're talking about the
whole middle of the grocery store people
we're talking about the packaged food
industry if you take that out
which is created to help make money for
people
but not created for healthy people and
if you eat around the edge of the
grocery store we're talking about the
the vegetable section the fresh fruit
we're talking about the meats we just
don't cook them too much we're talking
about the eggs just don't fry them boil
them poach them
we're talking about the butter but don't
let it change color by heating it too
much
if we eat the things that god gives us
and then we supplement properly
cutting the sugar down to almost zero
adding in the extra vanadium and
chromium along with the regular
basic 90 the 60 minerals sixty vitamins
two amino acids the omega threes
we can actually stop prevent
and i've seen reverse diabetes
blood pressure number four cause of

blindness again doing the same things as
diabetes
in fact it's interesting people get
diabetes get blood pressure problems
people get blood pressure
get diabetes i almost ask people you
have a horse do you have a bridle
they kind of go together diabetes
follows blood pressure
my brother had blood pressure for years
now what a surprise he has diabetes mom
and dad had blood pressure over years
they developed diabetes and so you do
about the same thing for the blood
pressure
you eat properly avoid the bad stuff eat
the good stuff supplement properly add
in extra calcium
and it doesn't hurt because with calcium
deficiency you have 147 diseases
it doesn't hurt to put in the extra
glucosamine things that you need to
rebuild your ligaments your
bones with the minerals with the
vitamins you can avoid
arthritis you can avoid blood pressure
you can avoid the top five days people
go blind
when you talk about calcium is any

calcium supplement going to do or is
there
a certain kind that you particularly
like do you like liquid calcium over
calcium in a tablet or a capsule i think
on vitamins i've gone from crummy
worthless and poor
and i've evolved into what i consider
the most absorbable and the best and the
most available to me
and with calcium i've done the same
thing i started off in the drugstore
with ground up oyster shell
that's not going to do you much good you
know eating rocks doesn't help you
you get into the chelated calcium much
much better
but if you get into the plant-derived
calcium that's been designed
specifically to help people
that's the part that i like best that's
what i do myself is
i do a liquefied calcium that has extra
positive charge so it has the ability to
go in my body
and to help overcome the arthritis i've
now reversed that in my body
it helps to do away the bone spurs i've
now reversed that in my body
and it helps it be more available so i

like the plant-derived calcium
that is put together and it's not just
calcium only it's symbiotic
with calcium with magnesium it also has
boron it also has msm it has the things
that we need in order for the body
to assimilate to reverse the processes
that are going bad to help
build the bones to help digest the food
you have to have calcium to digest your
meat
you've actually seen bone spurs go away
in my foot yes indeed
thankfully very painful didn't want them
still don't want them glad they're gone
wow that's impressive very impressive
you've got a lot of patients that
you don't need eyeglasses or want
contact lenses and i think it's probably
safe to say the majority of america
doesn't think that they're going to go
blind you know it's not something that
we wake up in the morning and says well
i'm going to go blind obviously there's
some people that struggle
with it but does this nutrition getting
all the essential nutrients
can that help people even that aren't
worried necessarily about blindness but

just
maybe don't want their eyesight to get
worse so they have to you know keep
getting stronger and stronger corrective
lenses have you found that the nutrition
helps with everyone with all of your
patients i would recommend that if
people are going to drive a car
they put quality oil and gas in and it
helps their cargo
they're going to fly an airplane you
want to put the oil in
you want to put the gas in and you want
to pay particular attention because with
a car
your car breaks down you pull over
you're an airplane
you're in a lot of trouble if the engine
quits we're talking about our bodies
here
we're talking about our bodies and even
though it runs on
junk most of the time because that's
what we put in it and it's amazing that
it runs as well as it does
why would we want to not put in the best
that we can why not give our bodies
the best building materials they can and
it comes with nutrition it comes with
what you eat

but since what we eat is no longer
complete
we have to supplement and so i would
think that anyone would want at any age
to be able to put in the proper food and
supplement that proper food so their
body can build maintain and repair
itself so it can truly be
a temple so it can stay young it can
stay healthy it can stay beautiful
doesn't have to get
fat old and wrinkled as fast
maybe not at all plus to extend our life
we're able to accomplish more good be
able to help more people
if we're all tied up with with pain and
and just barely surviving
how many other people can you help when
you're just trying to survive yourself
i'd like to be in a position where my
body is doing so well that i'm able to
reach out and help other people
dr pugh you seem real passionate about
what you do
would you be doing this even if there
wasn't money to be made with it
you know the concept i have is i'm a
red-hot briquette
and i'd like to go in these other

countries and i'd like to touch other
people and get them going and fan their
flame
where they would be self-sufficient and
educating themselves and i wouldn't mind
providing them books and tapes and
things as a library but as far as just
giving them out
i'm not interested in that i'm
interested in the people have access to
the knowledge
and based on their knowledge them doing
something worldwide
i definitely would be doing this even
there's not money to be made with it
helping people is so important to me
helping them
be able to see better be able to prevent
blindness
but you can't just help the eyes it's
healthy eyes healthy people you're
helping the whole person
we're talking about preventing birth
defects we're talking about helping
people
overcome so many bad diseases such as
arthritis
heart diseases cardiovascular problems
we're talking about the entire body is
built with cells

and every cell is built with vitamins
and minerals and amino acids and
essential fatty acids
and if you don't have the building
blocks the cells aren't healthy if the
cells aren't healthy the body's not
healthy
so we're talking about yes the eyes are
important but the eyes are just part of
the body and it all ties together and
i would do this if there was no money in
it at all
because it's a good thing to do but
unfortunately i have a
house to pay for i've got a car to drive
it costs money to fly here and to go
there
it's a necessity of life and so it's one
of those things that i am glad that
there's a way to build a business
as you help people to help people dr
pugh what has been
the most effective way that you've found
in sharing this education with other
people is it something that
you found more effective to sit down and
give people the information personally
where you talk with them for a few hours
have you found it's more effective to

like share a cd or a tape or a book with
them
people need to be able to educate
themselves i'd like to very quickly
touch on the point
that it's possible to prevent blindness
that it's possible to reverse
some of these problems but it's up to
them to take
that knowledge to build upon it on their
own
be responsible themselves and then if
they'll borrow a tape borrow a book
or go buy some search things out on
their own they need to educate
themselves on a
on a line by line minute by minute day
by day
it's an ongoing process if people don't
internalize the information
then they won't keep up doing what it
takes to be healthy so
i don't have the time to help the whole
world
they need to help themselves i just
simply started
i like to use the analogy like i'm a
briquette making a barbecue
i'm red hot i like to touch them i like
to get them lit i like to

fan the flames a little bit and then as
they catch on fire
i'm hoping they'll go out and they'll
touch other brickheadz and they'll catch
them on fire
i'm hoping that they'll spread the word
because as one person
as a small group of people there's a big
world out there
and you have to help people to be able
to help people be able to help people to
help
millions to help billions everybody
needs this information should be taught
in every school it should be taught in
every health class
but it's not and i don't think it ever
will be so i think people have to take
the responsibility
and search it out and live according to
their beliefs
and are you finding that those patients
of yours that actually do
listen to audio cassettes or read books
about health and nutrition get much
better results when they start to
supplement
i won't even let them know what
supplements i use

until they educate themselves i think
there's so many
supplements on the market there's so
much confusion out there
that unless they know what they're doing
they're not going to continue with it
it's kind of like doing push-ups you can
start doing push-ups and
if you quit in five days why'd you start
it all if you quit in three weeks
why do you start it all this is
something that's a lifestyle this is a
lifetime commitment this is something
that as long as your heart beats
you need to have the building blocks if
you're going to be healthy and so
something that if people will educate
themselves to make it a lifestyle
supplementing and eating properly
tremendous
tremendous possibilities but if they
only do it for a week or two or a month
or two
why even start so you're talking about a
lifestyle
change i'm looking for a lifestyle
change i'm talking about the six inches
between the rear drums they're six
inches away from health
well how long do people need these

essential nutrients only as long as they
breathe only as long as they need oxygen
only as long as their heartbeats
well dr pugh thank you so much for your
time today we appreciate your passion
and all of the education that you've
shared with us and hopefully the people
that listen to this
will become those briquettes where they
go out and share this with other people
and
together we can make a bigger difference
in the world i am passionate about what
i do
if i had my wish you know some genie
came to me and says
ron just name your wish i'll grant it to
you
i say genie where you've been all my
life i've been looking for you
what i wish is for every person on earth
to take the personal responsibility for
their physical health
to search it out to find the best
and then to do the best based on their
beliefs
and if the genie granted that to me i'd
have to find something else to do
because that's what i'm going to do for

the rest of my life
is help people become responsible for
their own health
and have you found that by improving
their physical health that people's
emotional health seems to improve as
well
and their spiritual health emotional
health physical health spiritual health
are all tied together
when you feel better you do better thank
you very much dr few
my pleasure thanks blake
you
spending your saturday evening here and
listening to a message from well i was
on the road last night in spokane and
saw this
with dr wallach and as vivian calls it
the legend as you will find out he's
been doing this for a lot of years
several several messages like this
there's probably a reason why everybody
came here tonight
with friends you came because you might
have
a health issue with yourself or friends
a little bit
a health issue you became tonight
because you have a health issue with

yourself
friends or family and you heard from a
friend
or on the radio this week or from a
jeopardy associate
that dr wallach was coming to town so
you've heard a little bit about the
protocol what he had to offer
and tonight he's going to present some
information to you
and you're going to be pretty amazed at
some of the things that he's discovered
over the years
and the information he's trying to get
out to people
and at this point dr joel wallick
well thank you very much for preparing
for me i appreciate the snow
uh from california and um
so this would this would turn california
into a mess right so i appreciate you
being here on this
grand evening and i'm going to just ask
a couple of questions so i knew
know who i'm speaking to how many of you
heard me speak before
okay great appreciate you being here
also how many of you are health
providers anybody a health provider here

okay what what do you do

are in good i love nurses they keep

doctors from killing people

okay give her a hand

[Applause]

okay anybody else over here i saw a hand

over here

back there there was okay sir what do

you do okay chiropractic we love you

guys

and gals okay anybody over here okay yes

sir

i'm sorry say again acupuncturist okay

super uh 10 000 year old profession

really good stuff uh anybody else

you notice there's almost never a

medical doctor show up

that's because they know everything just

ask them

okay what we're going to do tonight is

uh have a little fun at the same time

learn some very serious things the thing

we're going to do tonight

is is make a report card for the medical

system

the goal here is to keep the a's if

there are any and throw out the f's

that makes sense because they haven't

done it themselves they've really

botched things up very badly and people

say well who are you
why can you be a judge here or do
something well the thing that makes my
view different
is i have a degree in agriculture in the
animal industry we don't have health
insurance for animals like we do people
and if we were to use a human health
care type of system for livestock for
instance be sticker shock for you
a hamburger would cost you 500 a pound
a dozen eggs be 250 just to pay for the
health care so we learned a long time
ago in the animal industry
we keep the price of animals and animal
products down to where the average
person could afford to eat them every
day simply by
eliminating diseases we've been able to
eliminate 900 different diseases
triple life spans just simply with
vitamins minerals no stem cells
no genetically engineered proteins no
wonder drugs and organ transplants
as a kid it always seemed odd to me that
we did that for animals and not for
people
and again to make long story short i got
into ag school

halfway through ag school i decided i
was going to start applying for
veterinary school so when the time came
am i a bad boy oh we can't hear you we
might need two mics
that better okay thank you let's give
vivian a hand
okay okay thank you
um this should be okay um
and so halfway through ag school i
decided i was gonna start
practicing to apply for veterinary
school so when the real time came when i
graduated ag school i know what i was
doing
well surprise surprise the first time i
applied for a for veterinary school
halfway through ag school got accepted
and so by the time i finished ag school
two years later i was a graduate student
but i also had two years left in
veterinary school so i like pathology so
i started taking a lot of pathology
courses graduate courses
and comparative pathology doing
autopsies on humans and animals
and the oh the first winner
as a graduate student all the professors
took off and left the graduates
in charge of the various service areas

my service area was pathology
and again lo and behold a a a case came
to me in which it was the first
mass die off from pollution in the
united states
and i got to write it up and it became a
very famous
case uh had did all the chemistry was
just perfect was written up in medical
journals and veterinary journals
international chemical journals and that
became the driving force of my life that
one
study that just was sort of an
accidental thing
well i graduated veterinary school
went to africa for a couple of years
because i had worked with marlon perkins
as a kid
in the summer times remember the old
mutual omaha wow kingdom show
i started working for him when i was uh
14 years old it was my one of my first
jobs at the saint louis with marlon
perkins
i was 14 years old they had 11 show
elephants they started having elephant
shows
in the 1904 world's fair and line of

tiger shows and chimpanzee shows you've
ever been to the st louis zoo during the
summer you know that
and the elephants had learned something
now they team up
and the elephants would uh hold their
bowel movements all day they just
wouldn't poop on you know in the barn
so they get on the stage they make the
first run around the circles and this
show went on four times a day monday
through friday june july and august on
saturday and sundays five times a day
and when they get on the stage they you
know the circus music they go on the
stage a few times they start twirling
around
then they hook up again trunk tail trunk
tail kind of thing
and every other elephant so you know
they plotted this every other elephant
would poop on the stage
the one following them would pick up
these bowling ball sized manure balls
and throw them out in the audience
[Music]
just and they would stand there and
giggle and watch everybody fleeing right
and so my job was to prevent that by
manually removing these bowling ball

sized

manure balls from the rectums four times

a day monday through friday and five

times a day on saturday sunday

so that's my introduction to show

business right right there

well five years later when i was

19 years old and these elephants are now

15 years old you had to get deeper into

your work

okay so

when i graduated veterinary school i was

already kind of two-thirds of the way

through my post-doctoral fellowship

in in comparative pathology perkins had

a job for me

and how many saw that there's the

western black rhinos now extinct in

western canada

and western africa did you see that yeah

well

back in 1964 when i graduated

veterinary school uh perkins sent me to

africa for two years to work with a

white rhino in

central and southern africa there was

250 left and

he set me up in this conservation thing

where i was supposed to catch them and i

caught 200 of the 250 send them back so
if you see a white rhino and an elephant
uh and and elephants in the zoo uh
you either see them as offspring of the
ones that i caught or the ones that i
caught
okay well two-thirds of the way through
this project i cut 200 out of the 250.
perkins had gotten a grant from the
national institutes of health
to study pollution in the zoo animals
and
the pollution in zoo animals is a great
idea how many remember the old welsh
coal miners taking the canaries down in
the mine
remember that and the canaries would be
more sensitive to the
oh carbon monoxide methane than the
humans and they would fall off the perch
and die long before the men
were gonna were gonna die so they could
get out you see the canary drop off it
was time to run
well perkins had this great idea well
here's a zoo in a big city
that had 400 500 600 species of animals
in there
and they would die from natural causes
and usually if they're in good shape

they'd make mounted specimens for
museums and things but if they weren't
in good shape they would just incinerate
them you know cremate them
and he said well we should be able to
get some information to see if pollution
had anything to do with their causes of
death
well since i was a compared pathologist
and as out of courtesy
having worked with perkins i used to
give him copies of all my scientific
articles that i'd written
and so he remembered that i had done all
this with the first case of pollution
mass die-off in the united states well
he said we can take 10 years to train
somebody well here's a guy wallicky's
got a degree in agriculture
he's a veterinarian he's a pathologist
and
this this project was a compilation of
three departments so the shaw's
botanical gardens in st
louis county the saint louis zoological
park and the biology department of
washington university so
my training kind of fit all those things
so he called me back

to work on that project it was a 10-year
project i'd done over 20 000
autopsies some 17 500
on over uh 454 species of animals
not all from the st louis zoo zoos all
over north america including mexico and
canada
all the united states little bitty ones
they would freeze and they'd ship them
overnight mail to me and the big ones
they'd have to get on a plane with a
chain saw in an axe and you know go to
the zoo where they died
and do the autopsy on them and then
there were three thousand people who had
died in close proximity to these zoos
they were also autopsied and checked for
pollution problems
well the book that came out that's a
1200 page book it's in the smithsonian
institute as a national treasure
and the whole purpose of that book is to
be a reference for
things that are going on now comparing
comparing the causes of death from
pollution nutritional deficiencies
50 years ago compared to now so that
book is used as a reference for that
purpose
well because of the publicity that was

associated with that
project i was invited to speak to
medical groups nursing groups
pharmacy groups dental groups to
give them lectures on nutrition as part
of their continuing education
so they could keep their licenses while
i was an abysmal failure i was an
abysmal failure getting doctors
interested in nutrition
you know they put their arm around me
and say well like that's all kind of
interesting but it doesn't pay for cat
scans
okay and so i went back to school and
became a naturopathic physician
graduated from ncnm in portland oregon
practiced for 12 years my patients
affectionately said that i treated them
like dogs but they got better
the reason was of course in in the
waiting room i had my veterinary degree
which is so big
it was like three times as big as my
naturopathic degree and so they'd see
that veteran degree first
and their eyes get very big and they say
am i in the right place
and so yes so what you're going to get

is 33 years
of information using veterinary
nutritional formulas on human patients
that's what you're going to get from me
and then together we're going to give
report cards to the medical system okay
so we're going to kind of do two things
at once
i'm going to use overheads to kind of
share
stuff with you because if i were just to
speak to you without showing you these
things
you would think i was sniffing glue
because some of this stuff is so
outrageous if i didn't show you the
source you'd say yeah right wallet is
impossible
so here we go hold your questions in
please and here we go this came out a
cover article time magazine
december 2008
the sorry state of american health
despite advances in medicine americans
are less healthy than we used to be in
the next generation our kids may be
worse off
now there's two pieces here you have to
know number one we spend more money for
health care

each year than all the other nations the
world put together each year americans
spend more money for health care than
all the other nations the world put
together
and yet our health is getting worse what
they're saying here
is our kids are not going to live as
long as us because they were born into a
bad system where
many of us are old enough we were born
into a good system and halfway through
somewhere along the line it got bad
well our kids are being born into a bad
system between pollution and food that's
not good and so on
and so they're saying experts are now
saying that our kids are not going to
live as long as
and many of you in this room will be
standing at gravesite burying your
children
and your grandchildren if we don't
change if you just keep doing what
you're doing it's not going to be good
my favorite nobel prize winner albert
einstein said many global things that
are un
impeachable but my favorite is insanity

is doing the same thing over and over
and expecting a different
result so we must change we must change
the medical system has failed us
terribly and so we have to kind of take
over here
okay here we go
and one of the most important parts of a
human's life and in any vertebrate's
life for that matter you know whether
it's a hummingbird or a snake or an
elephant giraffe or a human doesn't
matter
is the first third of the pregnancy this
is where the you go from
a sperm in an egg to a finished product
after the first
third of that pregnancy the rest of it's
just growth time
the individual forms in the first third
of pregnancy
now we've eliminated every birth defect
that you can name and three times that
many you can't name
in animals with preconception nutrition
and repeat that because you heard me but
you didn't hear me
we've eliminated every birth defect that
you can name and three times
that many that you can't name in the

animals
in the animal industry by simply giving
the females preconception nutrition
perfect nutrition
before she gets pregnant in humans
will everybody run around eating pop
tarts and eggos and
mountain dew and whatever it is they're
eating and then they miss two periods
when they get old enough to have their
own families oh you know i might be
pregnant
well the embryo's already damaged at
that point
we do a much better job for pigs and
rats and hamsters
than we do for ourselves and so there
not should be there should not be there
should not be a single
human baby certainly in america born
with a birth defect
it's totally preventable if we get every
embryo before they're conceived through
the pregnancy that they're developed in
from the time they're born
until they're old enough to have their
own families we have to start somewhere
so we're going to start in the middle
here for some people now because we're

not embryos anymore you have to stop
that
you do that again i'll squish you the
squirt gun okay
she's in here cracking her knuckles
you have arthritis already she needs you
you're not gonna get me if you keep
cracking your knuckles
okay this is our goal here
the three-month mark is to have a
perfect embryo
and the ob gyns have failed us terribly
they have failed us personally what i'd
like to see
is a system of laws because there are no
laws covering this either ethical laws
are legislative laws if it were up to me
every time that a pregnancy winds up
with a child that's born with a defect
of some kind
the ob gyn should go to jail for 25
years to life
now by the time by the time that the
thousands doctor goes to jail
every doctor run around saying i've
discovered that we could prevent birth
defects by giving everybody vitamins and
minerals
because they wouldn't want to be the
thousands and first to go to jail

but that's not going to happen because
they're too powerful so
we're wasting time and money and energy
hoping and praying that they'll figure
it out
or that by our petitions they will
change their ways
so we just have to do it so it's now
your responsibility because you're not
ignorant anymore you're all smart
but you're ignorant because everybody in
this room did not know that you can
prevent all birth defects with violence
minerals
before conception well now you know and
so you have a huge responsibility
do not depend on the medical system
particularly obgyns
have failed us they do not get 30
minutes of nutrition
in 14 years of medical school they don't
even get a test on that
they're gonna get a test in that 30
minutes the most important thing in that
embryo's life
is nutrition okay so we have to take
control here
just to kind of put this in perspective
this came out a month ago

october 4th 2011. in ranking of new barn
deaths we're number 41
it's the usa shame shame on us shame
shame shame on the ob gyns
because there's 40 other countries who
do a better job in having live births
and babies born without birth defects in
first year survivability
shame on us this we're
spending more money for health care than
all the other nations the world put
together
and this is what we get you wouldn't
tolerate this in any other industry
this is your kids and grandkids that are
being affected here
and you're paying the price not only in
misery but also in money
because you're the ones that have to pay
for the obgyn's negligence mistakes
now you say well you're kind of rough on
those doctors aren't you
and my response is i couldn't do it if
they didn't give me the material could i
now down syndrome is a very simple
disease to prevent it's not a genetic
disease
it's a simple nutritional deficiency of
the embryo in the first couple of
minutes of life

if the mother has perfect nutrition
prior to conception there'll never be
another down syndrome baby born
down syndrome in humans is trisomy 21
where there's three chromosomes instead
of two
this just happens to be from a
chimpanzee or it's trisomy 22.
this is totally preventable totally 100
preventable it's not an accident it is a
nutritional deficiency the embryo
just moments after the egg is fertilized
by the sperm
if the mother's deficient you have a
high probability in these problems
now in 1977 being transferred around on
this big project from perkins
i went to various zoos and so forth well
1977 i was at the yerkes primate center
in atlanta georgia and
emory university and i discovered the
cause prevention and cure of cystic
fibrosis is 1977
34 years ago i discovered the cause
prevention cure
of cystic fibrosis is one of my research
monkeys
and this is me when i was a young man
and i wanted to show you this this was a

news release by emory university

back in march of 78 several months after

discovery was made and confirmed

you see the name there dr joel wallach

that's me

and they fired me they fired me because

they knew that cystic fibrosis was

caused by a genetic defect

and they felt that i was sniffing some

glue or did something really crazy

to be able to falsely say that was

caused by a nutritional deficiency

during pregnancy

so instead of saying well that's kind of

wild walk you have to prove it to us

some more

they just fired me because they didn't

want to interrupt

the income stream to study genetics

are you getting a picture here yeah

now how many of you heard of muscular

dystrophy

now we've known the cause prevention

cure muscular dystrophy for 60 years

we've known the cause prevention cure of

muscular dystrophy for 60 years

let me say it one more time we've known

the cause prevention and cure of

muscular dystrophy

for 60 years now anybody here

ever work with cattle okay

um what do you you ever heard of white

muscle disease

okay what causes white muscle is a

deficiency of what

selenium a trace milk called slim very

good now are you a doctor sir

are you a veterinarian just a farmer

now you know more as just a farmer you

know more about moisture dystrophy than

all the medical doctors in the world

let's give him a hand i like that

remember we don't have health insurance

for animals doing

when you have a calf with white muscle

disease you can give them some selenium

and it goes away if you give the female

the cow selenium before

she has a calf you'll never have another

calf with white muscle disease

well my white muscle disease in calves

is muscular dystrophy in humans muscular

dystrophy and humans is

white muscle disease and calves

[Music]

and we've been curing

white muscle disease in calves and

muscular dystrophy in human beings

for over 30 years in my own practice but

you do one here and you you know then
two years later you do one there and the
doctor said well yeah who knows about
whether the diagnosis is correct
we found a group of people in indiana
called the amish
in three counties there's no selenium in
these three counties as
soil surveys by purdue university
department of agriculture
not me purdue university
and in these three counties
almost half the kids are born with
muscular dystrophy
now what the medical system says i i'm
telling you
this is what the medical system says
they write it up in their scientific
journals
the reason why there's so much muscular
dystrophy
in these amish communities in these
three counties is because they just
interbreed
the fathers have sex with the girls the
mothers have sex with the boys and the
brothers
have sex with their sisters and they
just have no morals they're all
interbreeding and that's why they have

so many kids born with muscular
dystrophy
now i went and lived with them for weeks
that's not true they're very very very
very religious people
dutch reformed church i mean they are
religious believe me
and it's because there's no selenium in
the soil there
now it's kind of interesting that they
don't have white muscle disease in their
calves
and their goats and their sheep and
their horses and pigs and chickens you
know why
because they supplement with selenium
for their animals but they don't
supplement for selenium for themselves
because the doctors tell them oh
it's genetic just eat well you're going
to get everything you need
shame on those doctors they should all
be put in jail
you're going to see why in just a moment
okay
they should all be put in jail for that
kind of stuff
you can see why they call mustard
dystrophy white muscle disease in

animals
this is the thigh muscle of a teenage
boy with
mustard israeli and so a farmer out
there not knowing what this is he said
oh this looks like white muscle disease
this is a normal thigh muscle from a
teenage boy
okay and usually with mustard dystrophy
the calves are much bigger than the
thighs
because the thighs are what waste weight
is called duchene's monster industry
and the interesting thing about this is
this part of the anatomy in humans is
the round steak and the rum
roast in animals so when that goes away
you can't make money you're losing money
you feed that cow and you have a calf
like that you're
you're done that year you're not going
to make any money you're broke and so we
learn very quickly how to solve the
problem by
giving selenium in the feed to the
animals on these places and they don't
get the disease anymore
in human beings doctors still falsely
tell you criminally tell you just eat
well you get everything you need

it is absolutely not true okay
and here this this kid is fixable with
slim supplementation
now and remember every birth defect you
can
name let's just look at something simple
like a belly button hernia have you ever
seen a belly button herniated baby
okay now this is caused by a zinc
deficiency in the embryo
in the last couple of days of the first
month of pregnancy
you can see here's kind of a ban egg
size belly button hernia the skin's over
it
and in this early stage you can actually
take these kids lay them on their back
and take your finger four or five times
a day and rub that and irritate it
and the scar tissue will actually close
probably won't need surgery
grandmas used to know that well here's
another belly button hernia
but this one the mother was deficient in
zinc in the last couple of days of the
first month of pregnancy and for the
first 10 days of the second month of
pregnancy there's no skin over this
the stomach and some of the intestines

and the spleen are hanging out
and this is a life-threatening situation
certainly is a surgical case
this third one
the mother was deficient in zinc in the
last couple of days the first month of
pregnancy and for the entire second
month of pregnancy and so the liver and
the stomach and all the intestines and
spleen are hanging out
and this is a very dangerous operation
you see the the intestines are distended
with gas and so forth
so this is a very precarious situation
very life threatening and certainly if
the baby survives it's a
it's a surgical case all totally
preventable
with you know 50 cents worth of
nutrients every day prior to conception
is that simple now you know more than
all ob gyns
see how long it took you to learn that
now
you've all seen kids with cleft palate
cleft lip
these are caused by deficiencies of
nutrients in the earliest stages of
pregnancy
i'm sure you can find a good christian

surgeon to donate his time here to close
these kids lips up in their in their
palates
they're not going to be beautiful
because they're not going to get 14
plastic surgeries right but they will be
able to suck on a straw and speak
intelligibly right now you can go to one
of these
save the children programs and get the
250 bucks each for these kids
to pay for the anesthesia the disposable
instruments the suture material and so
forth
but all of this is preventable with
preconception nutrition
now how many of you heard of autism add
or adhd
now when i was a kid 72 years ago there
was no such thing
that's because we're all weaned off of
mama's breast milk onto the cultural
diets
of where we came from all four of my
grandparents came from the ukraine
eastern europe along the russian border
and they were beat farmers and cattle
farmers so i was weaned off my mother's
breast milk onto eggs and beets and

sweet potatoes
and cheese and milk with a little bit of
coffee in it
and everything turned out okay i think
okay
but today let's say 30 years ago 30
years ago
it was one out of 150 000 american kids
had autism and add and adhd today is one
out of 115
and they're saying by 2025 it's gonna be
one out of fifty
now here's the scary part about this if
it's one out of fifty
just about every one of your elected
officials regardless of party is gonna
be autistic
if you think you have problems now wait
until all your elected officials are
autistic on top of everything else
this has nothing to do with vaccinations
autism has nothing to do with
vaccinations surely vaccinations could
cause catastrophic brain damage in a you
know handful of people but it doesn't
cause autism and add
adhd you can't you can't make that
stretch autism and add and adhd
are nutritional deficiencies of the
brain

brain requires more than just sugar

doctors say oh you know the brain and

fuel sugar well that's true

but the brain needs all 90 essential

nutrients

the brain needs all 90 essential

nutrients and if it doesn't have

something

your psychologist your friendly

psychiatrist say oh you have

a chemical imbalance which is aka

nutritional deficiency right so you take

the 90 essential nutrients

you stay away from sugar and it all goes

away

but prozac and ritalin are not nutrients

okay

i've been dealing with these kids since

1970 by the thousands

all this stuff is totally reversible

with supplementation of all the 90

essential nutrients and keeping it away

from sugar

i also want you to think about it all

prenatal programs

with the exception of mine do not have

omega-3 essential fatty acids they have

capsules with

folic acids which one of the lawsuits

i've lodged against the fda
to be able to say that supplementation
during pregnancy of folic acid can
reduce the risk of spinal
neural tubal defects right spina bifida
before i sued them in federal court and
one
thank you you can only you can only say
that
eating foods rich in folic acid to
prevent these neural tube defects i had
to sue them to be able to say you can
supplement
and guarantee you're going to get enough
folic acid to prevent that
and to sue them to be able to say the
truth okay
now as i said earlier we're number one
in obesity in the world
so we finally made number one something
we're number one and obesity in the
world and 44
of our kids under the age of 12 are
obese
this has nothing to do with lack of
exercise and too much screen time
it has nothing to do with
eating too much has nothing to do with
eating too much
that's why we're the number one obese

nation in the world because the doctor's
theory was
people just eat too much too much screen
time not enough exercise well following
their recipe
we became the number one obese nation in
the world
so obviously their recipe their theory
was wrong
insanity is doing the same thing over
and over and expecting a different
outcome
or different result so this is where we
must change because
their theory is a triple f now this is
what doctors think
causes obesity
they even had mcdonald's take the toy
out of the happy meal
how dumb is that how many calories are
in the toy
i mean these guys have 14 years of
medical school they think there's
calories in the toilet take the toy out
that'll fix it right
[Music]
now here's the first clue i'm going to
give you into what causes obesity
this little girl three years old was on

good morning america she was written up
in every newspaper in america he might
even even gotten it here in montana
three years old she eat light bulbs
she's eaten aluminum can she's dirt and
cheese wood and all this kind of stuff
and the the doctors who are taking care
of her in terre haute indiana
are very ignorant they said she has a
rare condition
called pica well every pregnant woman
has pica how many ladies have had babies
raise your hand
okay great congratulations now how many
ladies when you were pregnant
had cravings yeah well this is called
pica
because the embryo is stealing minerals
from you faster than you're taking them
in
and so you want pickles and ice cream in
the old days women go out in the moonlit
night and eat dirt and
only corn starch and and even grandma
knew about this right the dog would go
out and eat
grass she'd say grandma why is that dog
eating grass and she said oh he's
missing something
we have all heard that was your kid

right

and so they call this a rare genetic

disease

right okay she's just missing some

minerals

now is there anybody in here who's ever

worked with horses anybody work with

horses

okay what do you call it when a horse

chews on the fence

cribbing cribbing okay it's called

cribbing how do you get rid of cribbing

in a horse other than shooting them

[Laughter]

you feed them minerals you give them

minerals within three to five days they

stop chewing on the fence

for those of you who have never seen

cribbing this is what it looks like

you can see where the horses here this

is a a little amish farm in shipshawana

indiana you can see where the horses

were chewing on that rail in this

pen inside the barn in this stall

but why did those horses really go

gangbusters there well that's where the

farmer i asked him if that was any place

especially

yeah i stand there and i count my horses

and look at them for a while make sure
they're okay
before i hitch them up on the buggy and
that's where i hold my hands well his
sweaty hands after doing all that work
the salt from the sweaty hands gets in
that wood and that's where the horses
dig in okay now
the reason why we give snacks to people
who come to visit our house is
over 100 years ago it was recognized
very quickly
that the the guest kids would chew on
your best furniture
so instead of letting them chew on the
legs of your best furniture you give
them a cookie
now how many heard that the government
now is going to start taking away your
kids and your grandkids
if they're 25 to 50 pounds overweight
okay it's coming
it's already started the journal of the
american medical association new england
journal medicine harvard medical school
and many other medical schools
are now recommending to the government
that parents do such a bad job
they want the government to take your
babies away from if you're overweight

by 25 pounds or more i've been a
consultant on certain cases with lars
this one
this young kid here in travelers rest
south carolina his mother took him in
to see the pediatrician when he's five
years old because 150 pounds overweight
the pediatrician gave her a frisbee with
his name telephone number and office
address on it said
take him out in the park and run him
around throw the frisbee out make him
exercise
she did two years later he goes back and
he's 250 pounds overweight and so on
and here he is 14 years old he's 430
pounds overweight
well this time the pediatrician got
scared
called the social services they arrest
her and take the kid away from her he's
a war to the state and they do stomach
bypass and all that kind of stuff
now who should have been arrested the
pediatrician should have been arrested
because she did the right thing she went
to the doctor who's supposed to know
what to do for kids with problems
and he says exercise the kid with his

advertising

frisbee the pediatrician should have

gone to jail here not the mother because

she saw

she sought help she sought professional

help

so beware they're coming after your kids

if they're a little overweight

we're gonna have to have some battles

here

now how many heard of diabetes anybody

here ever hear diabetes type 2 diabetes

well type 2 diabetes used to be called

adult onset type 2 diabetes

you can't call it that anymore it was

originally called adult onset type 2

diabetes because only people over age 50

got it

well today 50 percent of the people with

type 2 diabetes are below 25.

some are born with type 2 diabetes now

this is a simple

mineral deficiency disease it's not

genetic we've known how to prevent and

cure this

disease for 60 years we've known how to

prevent and cure

type 2 diabetes for over 60 years

let me say that one more time it's not a

genetic disease we've known how to

prevent and cure type 2 diabetes for
over 60 years
it's a simple mineral deficiency disease
we'll talk about that more in a minute
but
basically what you do is before
conception during pregnancy from the
moment the baby's born
we all need to get the 90 essential
nutrients appropriate for body weight
appropriate for body weight and as the
baby grows the amounts have to go up
because it's based on body weight right
if you do that we can we can make
missoula montana
the first type 2 diabetes free town in
two weeks
it takes two weeks
it's that simple we can make no
you got to hold it until the end here i
told you no questions until the end
i have something from memory too
this is so simple it's scary this is so
simple it is scary now to do this
is going to cost about three bucks a day
per person that's half or a third the
cost
of an espresso latte mocha
pokedokalokashmoka

now why won't doctors do this well if
you look on the other end of the scale
if you follow the doctor's method of
managing
diabetes instead of getting rid of it
you as a diabetic patient over 25 years
are worth four million dollars to the
medical community
there are no laws requiring them to cure
you either ethical laws
are legal legislative laws
they require them to cure you and
there's a cure available
and so they don't because they make more
money in treating you in managing the
disease as opposed to getting rid of it
so now you know more i'm going to give
them the benefit of doubt and assume
they're not criminals
and just say they're ignorant don't know
because they only had 30 minutes of
nutrition in 14 years medical school
but i can't imagine they don't know
because they read the same journals i do
okay and so we're going to have to take
over here this is an f
minus minus minus minus if there's
anything lower than an f10 minus
that's what they got here on diabetes
there should not be a single

american and anybody in the
industrialized world with diabetes
we can get rid of it in two weeks it's
that quick
same principle is when you have iron
deficiency anemia you just give iron it
goes away you don't give a
bone marrow transplant but that's what
doctors would like to do if you
let them
and people always say well walleye
aren't you kind of rough on doctors
well i couldn't do that if they didn't
give me the material could i
in our heart of hearts we'd like to
believe that doctors are altruistic and
they
do these things because they believe
it's good for us and they want to help
us and so on
well in 1997 a study by the health
insurance association of america
found that 75 of insurance fraud which
is a federal crime
is committed by providers which is a
code word for doctors
this was an anonymous survey so 58 of
the doctors
responding to the survey felt

comfortable enough to admit that they
lied to get insurers to pay for
procedures they don't even do
a u.s senate committee back in october a
year you know a month ago october 2011
a senate committee u.s senate committee
accuses companies of gaming medicare
they're talking about home health
services they're talking about hospitals
and emergency rooms
they're talking about clinics where
there's multiple doctors in a clinic
and basically what happens is this if
you go in there for a strain and your
ankles all puffed up in black and blue
because you got some blood in there and
everything is painful
they'll take an x-ray and say you know
we need to have an expert look at this
because we're just not quite sure
so we're going to check into the
hospital tonight instead of sending you
home with an ice pack on your ankle and
have you see your doctor tomorrow we're
going to put you in the hospital
oh my gosh we need to put you in a cat
scan because we have to see if there's
micro fractures in there
and they take something that should have
been a 200 bill

to 40 thousand dollars
because you have insurance you have
medicaid you have medicare and these
doctors they've learned in the senate
committee
will bill eight different agencies to
pay them for doing the one service
they bill everybody they can and get
paid by eight different services
for doing one thing on you now that's
fraud
now you do that you go to jail but they
get a walk
does that make you feel warm and fuzzy
you're supporting the medical community
it's bad enough that even the u.s
senators can figure it out
that was a joke okay
i know it took a while okay let's look
at this a different way
let's look at outcomes here to see you
know with all the nastiness that goes
out in the medical system
maybe there's some good here well let's
see how long we live if everybody in
america
dies at age three months there's not
gonna be a next generation is there
but if everybody loses me 150 that would

be an a plus wouldn't it so let's have a
look
in 1990 the center for disease control
of atlanta georgia a federal agency that
tracks these kind of things
looked at the top 32 industrialized
nations remember i said industrialized
nations not the top 32 nations but the
top 32 industrialized nations
japan came in number one in longevity at
79.1
the french came in 11th at 75.9 we came
in 17th and 75.
this is an f because we spend more money
for healthcare than all the other
nations
world combined annually we come in 17th
and you wouldn't tolerate that in any
other industry would you let's have a
look
10 years later they redid it 10 years
later they redid it
so in 2000 the same agency only this
time the
world health organization jumped in so
as a center for disease control again
and and the um world health organization
japan remained number one but they
dropped from 79.1 down to 74.5
the french moved up from 11th to 3rd but

they dropped from 75.9 down to 73.1
and this movement by the french from
11th to 3rd is called by american
medical doctors the french paradox
they call it the french paradox because
the french consume more fat per person
than any other culture on earth
ladies can you imagine a french chef
cooking in canola oil and margarine
no they cook everything in butter and
cream and lard and eggs all the stuff
we're not supposed to eat right
and yet they moved up from 11 to third
in longevity by contrast
fat is the antichrist in america
next to the devil there's nothing worse
than anybody can figure out than fat
okay
i mean there's entrepreneurs that have
come up with a whole anti-fat thing
there's
egg beaters get egg white omelets
right and there's all these soy milk and
rice milk and rice cream and all this
kind of stuff
and there's far cheese you know it's
really wild stuff here
and if you can't get your blood
cholesterol down below 200

oh i don't want that i want a bottle
that'll get in october
i want a bottle you want to take that
with you please take it with you
i see disaster thank you okay
and she's trying to be nice and helpful
but i appreciate that
but when you have an open glass like
that you know the odds are it's going to
get dumped on my material i just know it
okay
all right
murphy never dies very good murphy's law
whatever can happen will happen
all right and so did you know that
there's 12 companies that make
cholesterol lowering drugs in america 12
pharmaceutical companies
each one of them makes a profit every
month of 2 billion to 5 billion dollars
each one of these twelve companies makes
two to five billion dollars profit
every month in america because you are
so paranoid about cholesterol
well with all that that same 10-year
period we dropped from 17th in longevity
24th
the system sucks the recipe sucks that's
an f minus minus minus minus minus minus
now here's what even makes it worse

listen up here
this is what makes it worse there's not
a single disease that is caused by
elevated blood cholesterol triglycerides
people even stopped chewing their gum
when i said that they were so shocked
there's not a single disease that you
can show me that is caused by elevated
blood clots or triglycerides
you've wasted your time money and energy
worrying about your cholesterol
it's not a single disease is caused by
elevated blood show me one there isn't
one
if you read the words carefully they say
elevated blood cholesterol is a risk
factor for heart disease
it doesn't cause it it's a risk factor
now let me tell you
if you have elevated blood cholesterol
whatever that means and i'll give you a
rationale here in a second for that
statement
if you have elevated blood cholesterol
means you either have diabetes or you
have low thyroid you know hypothyroidism
you can have deficiency or ratio
problems between omega-3s six is nines
you have deficiencies of chromium

vanadium which are two trace minerals
that control
blood fats and blood sugar you can have
deficiencies of niacin
remember the health food industries and
and little
health food store owners and herbalists
and naturopathic doctors and all these
people in yelling about niacin forever
for low in cholesterol right
well the doctor's a medical doctor oh
that's all quackery and charlatanism
that can't be
well now the pharmaceutical industry
came out with nia span which is just a
time release
niacin vitamin b3 time release and they
charge your insurance company 150 bucks
for one little bottle
and you can buy about the same number of
capsules of niacin
for eight dollars
are you getting a picture here folks
okay
okay this came out in 2005. five years
later they didn't wait ten years this
time it's five years later
and for the entire summer of 2005 june
july and august this was on the stands
it was like five bucks it was a half

inch thick

special issue on health and in page 10

right hand column two thirds of the way

down there was this

part of a paragraph america has built

the world's high tech medical system i

don't think you can argue with that they

got

robots now doing hip surgeries heart

surgeries prostate

cancer surgeons robots do this now why

is that

that's because all the insurance

companies got together and they gave

hundreds of millions of dollars to

engineering

schools like mit and so forth to convert

automobile assembly robots into surgical

robots

now why did they do that that's because

doctors

were drunk somebody she does give vivian

a hand

thank you thank you thank you

that's because according to harvard

medical school and lucian lepay the

director of their department of public

health

said and they did a survey a blind

survey 52 percent of medical doctors are intoxicated on alcohol street drugs or prescription drugs during their waking day

so you go to an emergency room 50 of the time you're going to a doctor who's gorked out on something

okay and so that's and that's why they cut off the wrong leg or they botch up a surgery

and so they had the robots do this because the robots don't get drunk

so they don't have to give so many settlements right that's why they did that

well america has built the world's highest tech medical system and for whatever reason you can't argue with it

there's a comma here though and it says yet the nation america now ranks 46 in life expectancy behind japan singapore canada

and virtually all of europe and scandinavia so in a 15-year period went from 17th and longevity to 46 following the doctor's recipe

that's an f minus minus minus minus minus minus minus minus minus minus minus minus minus minus minus minus minus minus minus minus

okay you would not tolerate this in any
other industry
would anybody want to listen to anything
they had to say
oh my doctor's so wonderful i get free
samples every once well
[Laughter]
it gets worse this was a full page
article
in the usa today february 2007.
i had to chop it up a little bit to get
it on the eight and a half by 11 sheet
because this was a full page
newspaper article you can tell by the
title
there's something interesting that
happened here patient protect by
yourself
the data i'm going to share with you
comes from the general american medical
association the most prestigious medical
journal
certainly in america maybe the world
also the center for disease control
again that federal agencies have atlanta
georgia what they said was this
each year in america each year in
america medical doctors kill
injure and infect 15 million of their

patients in their workplace
eastern america medical doctors kill
injure and infect 15 million of their
patients
their customers in their workplace they
don't even get an osha ticket
5.8 million in hospitals 9.2 million in
private offices and clinics and they get
a walk
people keep going to them what would
happen
in the world trade shower the world the
world trade
tower construction site what would
happen
if 10 plumbers a day were being killed
osha would shut that thing down
in one day and it would be closed until
they figure out why it was happening
i mean people being fined millions of
dollars right left and center
this goes on year after year after year
after year
and we just keep paying the increased
prices every year
why do you do it it's an insane process
you wouldn't do that in any other
industry
[Music]
now one of our associates gave me this

this is a story from five years ago in
an orlando florida hospital
this is one of the injuries you know
killed injured infected this is one of
the
injuries this gal here 28 years old goes
in to have her first baby
well that's the russian version
she goes in to have her first baby
when she wakes up from anesthesia you
know she's in trouble right away she
wakes up from anesthesia
as they had cut her arms off at the
elbows and they cut her
legs off at the grind she says oh my
gosh my gosh my baby is her baby's
perfect don't worry about it
and she said what'd you do to me they
said well you're gonna have to sue us to
find out so she and her husband
sued the doctor in the hospital they
found out that doctor was drunk
one of those drunk doctors and he read
her
her chart wrong instead of delivering
her baby cut her arms legs off
because he thought she was the one that
was in there for flesh-eating shrimp
he won he went out and played golf

never had his license suspended never
lost one penny of income and this is
18 months later
she'll never be able to hold her baby's
face in her hands
she'll never be able to wipe her own
bottom or eat with a fork
because the doctor was drunk on duty
now he's done that a second time for a
woman who went in for kidney stones i
don't know if he has a thing against
women i don't know what his thing is
but this guy is a really a bad negative
there in orlando florida in this
hospital
well if i were her daddy or her husband
i'd make me a color
placard about three foot by eight foot
of that i'd make maybe a hundred of them
and i put a thing in here dr so-and-so
did this to my daughter my wife
and i want you to boycott this hospital
until they fire him
i think by time a week goes by i'll get
a hundred people to be carrying that
plaque
around with me right and so there has to
be consequences of these things
if people say oh isn't that a shame and
then going on about their business

just like this penn state thing
report it nobody does anything i mean if
i walk into a shower
and a coach is having sex with a 10 year
old boy i'd knock his lights out right
[Applause]
i'm not going to go tattle on him he's
going to wish i would have
okay so there has to be consequences now
these two ladies were killed in a
private office doctor's office
for having liposuction instead of using
my weight loss plan
they decided getting their fat sucked
out was easier and the doctor kills him
in his office
their doctor like many booming cosmetic
surgery field wasn't board certified but
there's no law to stop him
because doctors can do anything there's
no limit to what a doctor can do
they can do everything by legislation
we've allowed them to be able to do
anything
okay and all he did just like his
previous girl that the arms and legs
were cut off
the doctor gives the survivors his card
and says call my insurance man

and you guys settle he goes on and does
it to somebody else
there's no consequences the system sucks
and we have to
change it
this came out in 1998 again the study by
the center for disease control
of atlanta georgia federal agency and
what they said was that each year in
america
medical doctors infect 2 million
customers 2 million patients in
hospitals each year
they go in for non-invasive things like
ultrasounds cat scans stress tests
x-rays that kind of stuff and they
infect 2 million of these people
of those 2 million that are affected
each year ninety thousand die
ninety thousand die every year because
the doctor doesn't wash his hands
now i don't know how many people heard
of a farrowing barn this is where pigs
go to have their babies
and when you have when pigs have their
babies it's called farrowing i don't
know the derivation of that but it's
called farrowing
and in fairing barn you could have a
hundred fairwing pens and a hundred sows

hundred female pigs have their babies
there in these individual pens
their little individual suites if you
don't work and live on that farm
you go in that barn you don't even go in
the pen with the pigs but you walk in
front of them
you got to go and take a shower with
disinfectant soap in a special clean
room you got to tear open a bag and put
on
disinfected coveralls and boots gloves
mask hat
and in front of each pig pen this
farrowing pen
is a four inch deep two foot by two foot
four inch deep pan of disinfectant with
a brush you're supposed to step in that
take this brush and wash off your boots
before you go in front of the next pen
to prevent dragging infection from one
place to the next
and then perhaps lose these baby pigs in
the mamas from infection
by contrast i want you to think about it
these doctors both male and females
were the same white coat room to room to
room with the same shoes from room to
room to room

same trousers same skirt same pantyhose
room to room to room
they were their surgical scrubs down
into the
cafeteria where they sit on a chair
where some baby will have poopy diapers
e coli then they go back and do surgery
or they go from room to room to room
whether it's a private practice or the
hospital
they go from room to room to room and
you look at their jackets they're not
snow white like they've just been
recently bleached you can look at them
they have blood and poop and pee and pus
and snot all over those things they're
dragging this from room to room we treat
our pigs
better than we do our people
why this happens so we got to take
control here
we actually have a a um skin sanitizer
called pure works if you
have to have so i hope you don't but if
you have to have somebody go to a
hospital
i want you to stand in the doorway with
pure works say strip
to your naked skin and spray them all
over the pier works before they can come

in the room

and you'll save your loved one well i

couldn't do that he's a doctor

you better do it because he is a doctor

it gets worse

this came out last year almost exactly

last year

november 2010 hospital care failed for

some patients kind of vanilla

this is a little scary results of

medicare study alarming there's nothing

more scary than alarming

okay now the study was done by the us

department of health and human services

office of inspector general in this case

is essentially the auditor for medicare

what they said was that each month in

america medical doctors killed 15 000

medicare patients each month in

hospitals

medical doctors kill 15 000 medicare

patients each month in hospitals

we still keep bringing our loved ones to

the hospital because our minds and our

hearts we hope and pray that this is a

place of safety and health

but statistics shows that it's not

i remember 60 minutes you know

every sunday afternoon

how do you remember andy rooney
now he retired a couple of months ago at
age 92.
a month later he was dead people oh
wonder terrible he passed away well he
didn't pass away he was murdered
now i've read 15 of these articles
online newspapers all over the country
and every one of them says the same
thing andy rooney was killed
by complications of a minor procedure
he was killed by complications of a
minor procedure
well why don't they tell you what this
minor procedure was but i guarantee
here's why
you ever heard of colonoscopic exams
where they put a garden hose up your
rump and they look around in there
i'm sure they say look andy you're 92
years old you better let's check you out
for colon cancer
they put this garden hose up as rump and
the surgeon's drunk starts poking around
in there punches it through his
intestines and he dies of peritonitis an
infection of his belly cavity
if he just stayed away from him he'd
still be alive but they talked him into
this minor procedure that we do every

day and is safe

right wound up killing them

sure got quiet in here now if they can

kill an andy rooney with his

high profile see in these articles they

say

oh you know he was such a curmudgeon his

whole thing was to complain about things

right

and we could see him up in heaven

complaining that he can't rest he can't

sleep because the harps for the

the angels are playing is too loud but

that's not what andy rooney would

complain about andy rooney

would complain about being talked into a

minor procedure that wound up killing

him

that's what he would complain about

okay this came out in august of this

year newsweek magazine cover article

newsweek magazine cover article now this

guy is obviously not anesthetized

here's five surgeons ready to stick

their scalpel into him

because if they stick the scalpel into

him and he dies they get paid the full

amount of the procedure

so they can't wait to stick you because

then if you die then they get paid the
full amount if you die
you know from anesthesia before they
stuck their knife in you they don't get
paid
someone stick their knife in as quickly
as possible
the one word that will save your life in
a hospital
we go to the centerfold this was august
of 2011.
you go to the centerfold remember this
is not me
this is newsweek magazine not me
here's the patient here's the patient
and you can see he's in his house well
down barefoot in the hospital which is
probably a no-no
all the germs all over the floor and so
he's saying
no now we have this new experimental
drug we want to give you no
we want to give you a cat scan no uh
it's time for
you know you go get an enema no
i'm gonna get two or three you know
other opinions before i let you do
something weird to me
that alone will save your life because
you're learning them that you're not

just another piece of baggage that they
can just throw around
and they're gonna have to be a little
careful with you right
now why is he doing that i mean what is
he afraid of why is this guy terrified
why is he screaming no
in the hospital
[Music]
now here are eight specialists and
surgeons and an anesthesiologist
coming at him now do they look like
they're there to
my dad used to say hip him
no they're not there to help him
they're there to get into his insurance
policy
they all want a piece of the action now
because they're all hungry because all
the jobs went away nobody's got health
benefits anymore
so these doctors are now starving to
death and so they're shouldering each
other out competing with each other
to get their fingernails into you before
the other doctor gets in there
that's what this picture shows you right
now this is not me this is newsweek
magazine

i just thought that was very profound
look at those hands
i want your money ah i want your
insurance plan give me your credit card
i'll take your credit card
i mean you go in for help even you're
unconscious the first thing you say
they're unconscious they say what kind
of insurance do you have
now here's another problem we have 80
million baby boomers coming along
last year the first five million of them
hit social security
and the reason why we have all these
lawmakers screwing around regardless of
policy or party
like cockroaches when you turn the light
on because they all took all the money
out of social security
so when social security first started 70
people were supporting one retiree today
is one person
supporting 70 retirees it's
unsustainable what makes it worse is
all the elected officials have taken the
money out of your social security file
there's no money there anymore
to build bridges of nowhere to widen
highways that have no traffic on them
so they can say during the re-election

thing i brought home 500 jobs last four
years and
i want you to vote for me to get me back
in they use your money your social
security
money to get that those jobs okay
so we have a problem so what what is the
basic problem here why
is the medical system collapsing why are
we in real trouble here
how do you remember that three-way
election presidential election back in
1992
old bush 41 billy clinton and ross perot
remember that somebody will not remember
that
now what you think about this very
seriously because it was a very profound
election
because the political football the time
was nafta
nafta some people call it nafta shafter
and the discourse between old bush 41
and billy clinton was
how to best use nafta to save you know
america so we can get more of our
products out into the world that was
kind of
their concept well ross pearl with his

big elephant ears and his whiny little
texas accent
well if anybody signs nafta you're going
to hear this giant second sound as all
the jobs leave america
has anybody seen that story rewritten or
resurfaced or brought up saying you know
ross perot predicted this in 1992 and
it's just happened
now why did that happen when they signed
that that law gave
industry permission to get tax breaks
for hiring people outside the country
that's what nafta did gave them
permission to get legal tax breaks
for hiring people out of this country
they immediately took all the
manufacturing and assembly jobs out of
this country
because they didn't have to supply
medical benefits
that's what nafta did and ross perot
warned about it and everybody oh he's a
nut
where's american jobs going to go well
they went out of this country as he
predicted in 1992.
so we have a huge problem here no more
medical benefits doctors are starving
now

doctors are starving yep and here's one
of the consequences
they're kicking out medicare patients
they're not going to take care of
medicare patients anymore
okay so they're kicking them out
starting january 1st
and also people who are on fixed income
didn't have any medical care
would go into emergency rooms and they
would use the coffee
emergency or they walk around the
air-conditioned building you know during
the
summer time in the heated building
during the winter time to get their
exercise
if they they want to get their blood
pressure taken and their blood
sugar checked so they didn't have to buy
the kit and pay for the little strips
and everything
and the hospital would then send the
bill to medicare and medicaid who would
pay it
well they're broke now because nobody's
putting any money and then there's only
one working person taking care of 70.
retirees are on welfare or on

unemployment

and so they've cut it down to instead of

three days a week you're able to come to

the hospital emergency room now you can

only do 10

days a year in florida and

excuse me in hawaii in florida it's 45

days mississippi is 30 days arkansas 24

days

alabama 16 days most of the states are

falling in 10 to 15 days is the limit

if you want to be in a hospital longer

than 10 or 15 days you got to pay them

cash on the front end now

they're not billing anybody okay

boomers again

this came out two months ago september

this year

this is an aarp report 15.6 million baby

boomers 15.6 million baby boomers the

last two years

went from being middle-class to below

poverty they went from a two-income

family to one income family they went

from a two-income family to a no-income

family

there's been five million houses

foreclosed upon and people who are good

americans

who paid their mortgages until they got

laid off

okay that's all because of nafta allowed

these companies to ship the jobs out and

get tax breaks

for hiring people outside this country

we're the only crazy people who do such

things no other country in the world

does this

they all heard of these censuses that

get taken every 10 years

we have a census that's done every 10

years

and right now we're the third largest

population in the world

china is 1.8 billion people

india is 1.2 billion and we're 300

million we're like one-fifth the size of

china

i guarantee the next 10 years we won't

be number three anymore because all

these third world countries now with all

this economy and new money

from all our jobs going over there guess

what

they're being able to buy better food

and so forth they're having more babies

20 babies per family now

20 babies per family you know 20

different pregnancies not they're not

having litters or you know
okay now to me though the most important
piece of that that census was this
they said the average black man in
america elizabeth 62 the average white
man america lesbian 75 the average
hispanic man lives to be 80.6
now wait a minute all the other surveys
said that only wealthy people live the
longest
the most educated people live the
longest well the hispanics have 28.6
unemployment they have the least amount
of education of any ethnic group in the
united states
they get paid the least they're willing
to take a lot of these jobs and picking
stuff in the field for three dollars an
hour and all that kind of stuff
so none of this fits so what's going on
here what was discovered is this
because the blacks have been told
incorrectly and fraudulently that all
their diseases like diabetes and high
blood pressure
arthritis and cancer and obesity is due
to genetics they got the terrible black
gene
if you marry the medical system and use
our pills and potions and use our

surgeries
we'll be able to squeeze a couple more
years of life for you out of this
terrible black gene
stick with us we'll help you and so
they've overused the medical system and
been killed more often
by contrast hispanics are still using
grandma's home remedies and do not use
the medical system
and so they're not killed as often
this is pretty revealing when you think
about it
now as i told you earlier cholesterol
does not cause any disease what is the
normal blood cholesterol level for human
beings 20
let's see here would be 220 to 270 is
normal 220 270 is normal but every
doctor will tell you that's too high
because they know you can't get below
that with diet and exercise that'll give
them an excuse to write your
prescription for cholesterol-lowering
drugs and then they get a little
kickback every time you fulfill a
prescription
you don't think they have incentives to
do that

even their staff gets caviar and stakes
and all that kind of stuff every friday
the drug companies come in there
and buy the really high-end food for
these people and buy them tickets to
disneyland and all that kind of stuff
to the staff for the clinics so they're
not completely clean either
well this is what causes blocked
arteries not cholesterol
how many heard of trans fatty acids okay
trans fatty acids as
oxidized oils if you don't know what an
oxidized oil is take an apple of any
kind gala apple
granny smith you know whatever
cut the apple in half turn the cut
surface off come back in an hour and
look at it
what's happened to that pearly white
flesh of that apple in that hour
has turned brown everybody knows that
well that's the oils in that apple
oxidizing and turning brown
now you know in an apple there's not
much oil there's
zero zero zero 0.00000000 one percent
oil and you can see it with your naked
eye
oxidizing in just a few moments well

every oil you
use even old nuts you go from a bulk
food store and you buy some bulk nuts
you take them home you taste
kind of old the oils and the fats in
that
nut has oxidized turned into a trans
fatty acids it'll plug your arteries and
kill you
now in 1971 i wrote the first article on
this subject because when you do
thousands of autopsy you can ask the
data any question you want right
so the question i asked was
who or what individuals have the worst
plugged arteries not from blood clots
but from scar tissue and cholesterol and
saturated fat and plaque
and that kind of stuff vegans are meat
eaters
and with special stains to look at
cholesterol and saturated fat and scar
tissue and calcium
guess who had the worst plugged arteries
vegans or meat eaters
vegans because they put oil on
everything
olive oil coconut oil sesame seed oil
sunflower seed oil and all oxidizers

clog their arteries
that's why there's no flourishing
colonies of second third generation
vegans
there's no flourishing colonies of
vegans with all these rosy kids running
around
it's a political statement not a good
nutritional plan now if you want to be a
successful vegan you got to supplement
with the 90 central nutrients
i have lots of successful vegans who are
on my program
these guys are all martial arts guys or
six foot four 240 pounds and they can
knock this
building down without even hitting the
building just moving their hand the
whole building falls down
these guys but they've been with me for
25 years supplementing with a 90
essential nutrients you'll see why
that's important
even for vegans today okay so
it's fried foods it's processed meats
with nitrates nitrites oils
such as margarines mayonnaise salads and
cooking oils that clog our arteries
now when i was a kid we didn't have
salad dressings we didn't have any salad

dressings
what we did was for a salad they didn't
pluck the leaves off of things and make
a salad out of it
we had a wedge of a head of lettuce or a
wedge of a head of cabbage
some of you may remember that and my
grandmother would take pickled beets and
grate them onto that
cabbage that little wedge of cabbage
she'd grate some cheese
right she'd sprinkle it with some
cracked peppercorns
and that's how we ate our salads that
was our salad there was no such thing as
a salad dressing
when the boys came home from europe in
the second world war everybody wanted
olive oil like they used in italy and
greece
that's how this began to happen so what
we're doing now is very
short it's only like 60 years old it's
not like it's been our entire
history of human beings i mean i
guarantee a cavemen didn't have craft
salad dressing or wishbone salad
dressing
they didn't drink olive oil because

going out of style they didn't cook in
it
it's not only fried chicken but it's
also fried fish
captain dees is not innocent
well my wife and i and my my dear wife
is a microsurgeon who taught at harvard
medical school and actually met her
at the texas medical center where she
was working with debakey and cooley
two great heart transplant surgeons i
met her there
and she and i together over the last 10
years put together this book called
immortality
there are some of those out there in the
hall immortality we spent 10 years
looking at the top
20 longevity cultures on earth trying to
find out why they did better than us
now the amazing thing about this ladies
and gentlemen we did this research we
took the data
from national geographic we took it from
anthropology
studies and anthropology journals and
big universities because we didn't want
to do it ourselves it take 50 years
it would take millions and billions of
dollars and nobody would believe us

anyway so we took the data from these
big universities and
and um from the national geographic we
credit them for that
source of information but we rearranged
it in such a way that you can see a
picture now where before there's just a
scattered article here a scattered
article there
we put it all together what we found out
about the top 20 longevity cultures is
this number one they're all third world
cultures
they're illiterate they have no access
to doctors clinics or hospitals
remember the hispanics they don't use
the medical system
okay they don't have roads
they don't have pharmaceuticals they
don't have private insurance or
government insurance
if you looked on a chart a flow chart of
the places on earth that had everything
you'd want for medical care you would
never go to these top 20 places
for longevity because they don't have
any medical care of any kind
grandma is the medical care right
so there's 25 common threads these

people have
they have first of all 40 times 100
rules we do
they have 40 times 40 times 100 rules we
do no doctors they have 40 times 100
years we do
these people have 100 per 250 of their
population according to harvard medical
school we have
100 over 10 000.
these people live to be an average of 90
and health away we live to be 75 and
sickly way on the average
so what's going on here well we took the
top five
we thought was the top five of these uh
25
common threads we put them as icons on
the cover of the book here
if you understand these five things
you'll add 25 to 50 healthful years your
life you'll never even have to read the
book
someone explain them to you because
they're that valuable first of all how
many of you have gone to your
grandparents house your parents house
they still had a wood stove anybody
remember those days
when they had wood stoves what did they

do with the ashes every morning where
did the wood ashes go every morning they
went where
in the garden they went in the garden
now wood ashes are not ashes that's a
misnomer
the wood ashes are actually the minerals
that are left when you burn away the
carbon in the wood
sometimes if you pull the damper down
and shut off the air supply
the fire will smolder cold during the
night and you might have a little bit of
carbon in there around the edge it might
look black or gray
but pure quote wood ashes unquote are
really just powdered minerals are left
when you burn away the carbon in the
wood
now these plant minerals would go out in
the garden and the okra and the tomatoes
and the onions and garlic and the sweet
potatoes and squash
and corn and cucumbers and all the other
stuff you grow in the garden would suck
these minerals up you'd eat the
the vegetables and grains and you get
your minerals in that fashion
now how many of you are still eating

totally out of your garden do not go to
a grocery store and you're still putting
your wood ashes in your garden
what did you replace that with nothing
that's why you're in trouble that's why
these people have 40 times 100
as we do then there's another source of
minerals we used to have
and i i like to to express this to you
using an old ancient dutch
fairy tale jack and the beanstalk
remember jack and the beanstalk you know
it's a dutch fairy tale when you hear
the words
fifo thumb i smell the blood of an
englishman
be he live or be he dead i'll grind his
bones to make my
bread how many are still putting bone
meal in your bread
oops houston we have a problem no more
plant minerals no more bone meal
bread today is nothing but calories
there's no nutrition bread anymore
it's just calories bread in the old days
had minerals from wood ashes and from
bone meal
they all get the 90 essential nutrients
60 minerals 16 vitamins 12 essential
amino acids 3 essential fatty acids

they'll get it different ways because
they're all different cultures they have
no genetic relationship to each other
we'll go into some details in a moment
they have calorie-restricted diets
calorie-restricted diets they don't know
the
the science behind this because they're
all terrible they're illiterate
they haven't read anything on
calorie-restricted diets yet they all
live in a calorie restricted diet
because they're poor
they can only afford 900 calories a day
americans according to the harvard
medical school consumes
anywhere from 2800 to 3200 calories a
day per person
we're taking in three times the calories
a day these people do
then they don't eat any bad stuff no
fried foods of any kind no carbonated
drinks
no sugar no it's not that they wouldn't
eat those things if they were available
but who's going to build a drive-through
to sell kentucky fried chicken and
mountain dew
and the only thing coming through that

drive-through is going to be some
illiterate guy in a donkey
that doesn't work for a drive-through
okay so just because it's not available
by default they don't eat the bad stuff
lastly the top five of these 25 common
threads of these long-lived peoples
is they've taken 20 times the 50 times
the antioxidants we do
how many heard of the super juices like
noni things like acai berry
goji mangosteen black
new zealand currant pomegranate all that
kind of stuff right
well all of these juices and and exotic
fruits come from these long-lived places
and people say well look at that they're
they're eating that mangosteen that must
be that must be their secrets so they
bring it here and make it a product and
everybody buy it and after a couple
years and all their friends have died
taking the stuff they stopped taking it
because there's 25 common threads you
have to take together
you just take the super juices by
themselves you have 30 seconds to your
life
you need all the other things to make it
work it's kind of like spending fifty

thousand dollars for a mercedes
and walking out only with a steering
wheel and walking from here to new york
in the snow and the sleet and the rain
and the cold with the steering wheel are
you gonna be comfortable with that
i don't think so okay so here's the
problem
how do you heard a resveratrol anybody
hear resveratrol i can tell this is red
wine country
okay this is the stuff found in red wine
and red
grapes skin red grape seeds that is
credited with the
french long life and the reduced risk of
cancer
and cancer and heart disease and so on
is this resveratrol there's 200
companies that sell resveratrol
products in america because there's 80
million baby boomers who all want to
live a long time is known as the
anti-aging
substance so baby boomers are very very
interested
in resveratrol we wanted to get into
that market
with our program but we wanted to give

people value add we wanted them to say
well the only choice we have is
wallex right because it is different
and so what we did we looked through
these top 20 longevity cultures in
addition to resveratrol they're all
taking in also turmeric and
quercetin as spices and and things in
their food right
and so we added the two american
questions into our cell shield rtq r for
resveratrol t for turmeric
and q for quercetin no extra cost same
price as everybody else's
resveratrol alone but we value added the
other two things
now if you take two capsules of all
these other resveratrol products
per day you're going to get the amount
of resveratrol and one six ounce glass
of red wine that's very respectable
because it's only found in red wine
very very tiny mountains we wanted to do
again value-added we wanted people to
say well the only one we can
take the only right one is walleyes and
so
the same two capsules of our resveratrol
product are
rtq you get the amount of resveratrol

not the amount in one
glass of six ounce red a glass of red
wine
but the amount in 294 glasses of red
wine
same price so now you're getting two
american quercetin plus instead of one
glass of red wine per two capsules
you're getting 294 glass of red wine
you don't have to worry about dui's
because there's no alcohol in it
i take six of those capsules a day so
daily i'm getting the amount of
resveratrol you find in 900 glasses of
red wine a day
now why am i doing that because
politically i cannot die
any younger than 300.
because ever if i were to die at 200
medical doctors would say well see we
told you he'd die
he only lived to be 200 he's been taking
all those vitamins minerals all these
years and he only lived to be 200.
so i have to be a little extreme here
now how do you remember art link letter
anybody here remember art link letter
now he died may of last year at 97 years
of age

he began taking mixing bowls full of
vitamins minerals not mine because mine
weren't available back then
but in 1933 he started taking mixing
bowls full of vitamins minerals because
he read a book called lost horizon
written by james hilton it was kind of a
historical novel had a lot of truth in
it but he kind of hollywoodized some of
it
and um art
read that book and he got excited about
it how many heard of laetrile or
amygdalin b17 it's kind of like the
apricot pit stuff that's one of the
alternative things for treating cancer
and preventing cancer well it came from
the hunzas
in the hanzo valley of northern pakistan
right on the chinese border
and it was one of the things that it was
attributing to their long life was this
this apricot pits that had the amygdalin
or laetrile in it
so he began to eat apricot pits and he
drank the red wine and he put the wood
ashes and
minerals into his food and so on and he
died at 97 that's pretty
good and he was lecturing two weekends a

month
until a month before he died that's
pretty good because he was taking in all
these nutrients since the time
since 1933.
let's look at a couple more and see how
long they lived and why
this little gal here margaret hardy
of irish extract you know hardy
the hardy boys novels and so on
this is a picture of her less than two
years of age in 2010 she turned 100
years of age it was a big story
in this little magazine from mesquite
nevada because this town of mesquite
nevada turned 100 years old at the same
time so it was kind of a nice
human interest story woman turns a 100
years old she was born in the day that
the town was incorporated and so on
and if you go to a nursing home or
somebody's home where the
relative just turned 100 invariably
reporters only get a paragraph of
information
they don't like to go out to those
things because they feel they're wasting
their time they're not going to get much
they would say okay grandma hardy what

did you do to libby hunter and she would
say something like
i just keep on breathing
now what kind of useful information is
that
you're getting nothing i mean you know
we have paid her health care for 30
years and that's all we get she keeps on
breathing
that's not much information well because
she was born
in the northwest corner of nevada where
they don't have electricity
you know back a hundred years ago they
didn't have natural gas and propane and
so forth
you know because of european extract
they got a mineral source from two
places one was wood ashes
and their food and in their garden they
had bone meal so you know that
just because that's what the irish did
back in those days but also
because this is a long birthday
announcement in this paragraph there's
very interesting stuff
her family farmed the typical products
grown by others in the valley like
pomegranates
she was getting a super juice a hundred

years ago
we're just discovering that now so where
did those i mean pomegranates come from
china so how'd that happen well the
union pacific railroad went right
through
mesquite nevada and so the chinese
built the railroad from san francisco to
where it met
the irish coming from the east coast
right it went right through
mesquite nevada and here's these chinese
boys with their right hand
driving steel in the left hand they're
eating pomegranates because grandma sent
them the united states to earn their
fortune
and eaten pomegranates because they
don't know the biochemistry but the
chinese know
that if you eat pomegranates you're
gonna live a long time they've known
this for thousands of years so it's kind
of a long-lived thing
maybe you live a thousand years and they
give you a basket of pomegranates right
so she's getting pomegranate juice and
pomegranate fruit she's getting the
antioxidants in there

also there's enough water there for them
to have a vineyard
and they made red wine which they sold
in the various farmers markets and they
also
made raisins and sold them commercially
so she's getting resveratrol
she got resveratrol she got the super
juices from the pomegranates
she got her wood ashes and her bone meal
that's
why margaret hardy lived to be 100 not
because she kept on breathing
now a medical doctor could read that
article and wouldn't see all that in
there he would just find it kind of a
cute little story
but now you know more about anti-aging
than medical doctors do
and so you cannot let them take control
of your lives because you know more than
they do
this is my favorite obituary it's very
very telling
this gal here george excuse me this guy
this guy george francis
died at 112 in december of 08 when he
died he was the oldest man in america
one of the oldest men in the world now
he's illiterate

here's his daughter reading the
newspaper to him he's a black fellow
living out in the swamps louisiana
he was living on crawdads and catfish
and onions and peppers and all that kind
of stuff
no doctor is illiterate didn't have a
job he's out there trapping
muskrats and things like that right and
no doctors no clinics and he was born in
1896
and he lived through 19 us presidents
he lived through 19 u.s presidents now
remember
every u.s president had at least one
university many of them had two and
three
very wealthy people usually
but they had lots of education the
doctors who take care of presidents are
not the local country bumpkin doctor
the doctors who take care of presidents
are very prestigious
they have three or four degrees these
people
have been heads of departments they did
a lot of research projects i mean these
are very very
very well respected doctors with all

that
the average lifespan of us presidents
taking jfk out who's assassinated in his
40s
take him out of there the average
lifespan of u.s president is 75.
he's an alert swamp rat eating crawdads
not worrying about his cholesterol he
lives be 112.
so it begs the question what's more
important good medical care
expensive medical care or raw materials
raw materials will win as we go through
this you'll see that raw materials will
win every time
raw materials will win every time now
when he died
the reporters asked his daughter what
did your daddy do to live be 112.
and she said he broke all the rules of
healthy eating
with a diet heavy on dairy eggs and
large sandwiches
for those who don't know what a large
sandwich is it's made from pig fat
lard pig fat he ate nothing but dairy
eggs and
pig fat sandwiches along with his
crawdads and onions and
garlic and peppers remember

he's a cajun he's a creole he's eating
like the french who ranked third in
longevity
so he's eating like the french he didn't
lower his cholesterol he stayed away
from doctors he didn't know there was
such a thing as cholesterol
and he lived 112 and ronnie reagan got
alzheimer's disease following the
doctor's instructions
the long-living person right now is
alive today she's a woman from
indonesia was born in 1853 she's 157
years old
everybody in this room i don't care if
everybody in your family is out of 53
you have the genetic capacity well
beyond 100 but you're going to have to
work at it
the ability to live well beyond 100 is
only a potential it's a genetic
potential human beings can live well
beyond a hundred
but you're not going to accomplish it
just doing whatever doctors say just eat
well get everything you need
that's not going to work let's look at
billionaires they can afford the best
doctors they can hire the entire

medical training staff of every medical
school in the united states to come in
take a splinter out of their finger
right
whatever the doctor says they can hire
the best chef get the best food
so let's see how well billionaires do
following the doctor's instructions
for his magazine 2004 came up with a
survey they wanted to know what kills
billionaires
they were looking for a bd a
billionaire's disease
what they found out was that
billionaires and they used the word
killed billionaires are killed by the
same unglamorous things that kill the
rest of us
that's because they use the same doctors
we do
there's a lifespan of a billionaire
according to this forbes survey
is 78 the average lifespan of a falling
down red wine drunk from missoula
montana 75.
you don't gain anything in health and
longevity by being a billionaire and
having access to information
and expense of doctors there's never
been a billionaire lived to be a hundred

there has never
been a billionaire lived to be a hundred
and they can afford the best and most
expensive medical care there is and
here's a ziller
swamp rant from louisiana elizabeth 112.
[Music]
are you beginning to get a picture just
like the hispanics they live almost 20
years longer than black people because
they don't use doctors
hello
well seven years later they redid it
because they didn't want to believe that
statistic so ford's magazine did it
again seven years later
seven years later turns out to be march
of this year march
2011. what they said was in march of
2011 the average age of billionaires
dropped from
78 to 66. the average lifespan of a
billionaire dropped 12 years
in seven years following the doctor's
instructions
now how many of you would go out of your
way to seek a doctor for yourself
who is bragging that he treats
billionaires

i'd chase him off my lawn with a hammer
i'd be sure to get a claw hammer so i
can inflict more egregious wounds
oh houston we have a problem steve jobs
killed at age 56 one of the most wealthy
one of the most intelligent men
in the last of the 20th century in the
first part of the 21st century father of
the apple you know why he called his
pc an apple because he was a fruitarian
at that time he only ate fruit
lived on fruit for about two years he's
a fruitarian
so he named his pc apples for that
reason
ipod iphone ipad i this i that
he can afford the best he could get
information from anywhere
in seconds he get the information
and they kill him at age 56 now the
story was the father of the ipad dies
oh what an awful thing just kind of like
an andy rooney story
he passed away he was killed
by a medical system even though he could
afford the best which is what got him in
trouble
if he'd gone to some shaman in the
middle of central america he'd still be
alive

at least they wouldn't kill him now
think about it what do you have to give
what drugs you give somebody
when they get an organ transplant like a
liver transplant like he got
you have to have anti-rejection drugs
right
immunosuppressant drugs well as soon as
they did the liver transplant on him he
was dead man walking
because what is your best friend when
you have cancer your immune system
houston we have a problem
they killed they killed steve jobs as
sure as the sun comes up every morning
now my favorite nobel prize winner
albert einstein died at 76 of something
that a turkey wouldn't die from he went
to stanford
medical school for treatment he was on
the department of physics there at
stanford
university northern california he died
of a copper deficiency
which caused a ruptured aortic aneurysm
he bled to death in seconds at age 76.
there's about 20 different ways you can
die from a copper deficiency all of
which we eliminated in turkey in 1947 13

years before he died
now the first outward sign of a copper deficiency is white grain silver here i see a lot of copper deficients in his room tonight
coloring your hair ladies doesn't count there's still white green silver underneath
you're still at risk now if you don't die suddenly when your hair starts turning great you could be two years old doesn't matter of age it has nothing to do with age
you begin to get a breakdown of the elastic fibers and collagen and connective tissue in your body and your face looks like you've been run over by a hummer
kind of like albert einstein there now
if he were to go to a plastic surgeon would he get botox
in a facelift or would he get copper
he'd get botox and a facelift wouldn't he
well if you don't die suddenly then you get a breakdown of the elastic fibers from a copper deficiency and collagen connective tissue in your in your blood vessels
you start getting spider veins varicose

veins and hemorrhoids

hemorrhoids are nothing but varicose

veins in a funny place that's all that

hemorrhoids are just varicose veins in a

funny place

now some of you are like me or old

enough to remember those old black and

white silent news reels

whatever before the movies you know in

the old days in the late 40s

right after the second world war

i remember seeing pictures of albert

einstein walking down the halls

of stanford university with arm load of

books and papers you know

that's because he had

hello he had hemorrhoids he had

hemorrhoids hanging down to his knees

you tell by looking at his face with a

face like that i guarantee you he had

hemorrhoids hanging down to his knees

and then he got to break down the

elastic fibers in his aorta and he had a

ruptured archangels and he bled to death

from a copper deficiency something a

turkey wouldn't die from

now in by contrast linus pauling who got

two nobel prizes his first one of which

was

for research into the nutrition of
enzymes the nutrition of chromosomes and
the nutrition
of genes you see a gene won't do
anything by itself it needs
nutritional cofactors to work even genes
need nutrition
so he got his nobel prize by by laying
that out very clearly so everybody can
understand it and during his acceptance
speech for his first nobel prize
and he had two unshared nobel prizes
only only accomplished by one other
person
he said during his acceptance speech for
this nobel prize for
researching the the nutrition of genes
chromosomes
and enzymes he said you can trace every
sickness every disease and every ailment
to a mineral deficiency
it's very profound when you think about
it now he started taking mixing bowls
full of vitamins minerals when he was 20
years old because
nutrition was his passion that's why he
studied nutrition of enzymes
chromosomes and genes and he lived to be
93.
now he didn't have access to my stuff

but he took some vitamins and minerals
now doctors have credibility so let's
look at doctors and see how long they
live
everybody wants to be a doctor there's a
glass doctor tree doctor lawn doctor
right right now right now there's debt
doctors
this is pretty typical doctors you know
that they're doctors because they've got
their little plastic name tag with their
clinic and hospital name
they got their name on it they got their
stethoscope around their neck i mean
doctors are very insecure
i mean they won't even have sex without
their stethoscope around their neck
they're very insecure okay now you know
these pa these doctors are very happy
because they've just gotten a new
patient
that's why they're smiling and the
patient had good credit line
well these these doctors will not kill
you because they're rug doctors
they're carbon
so when you go when you go into that
rugs or that carpet store
they're all running around wearing white

coats and stethoscopes because

immediately you feel

i'm in the right place i can be healed

they're even specialists

now these are the ones that will kill

you these are the real thing the real

deal

when you think you get much sympathy

from him i don't think so

he looks like a mortician he doesn't

look like a doctor

this came out in february 2005

u.s news world report rated america's

most credible print news service

rated america's most credible print news

service this is not

a comic book this is not me this is the

u.s news world report okay

and in february 2005 they said special

health issue who needs doctors

your future physician might not be a

medical doctor he may be better off

now do you think they ran around town

picked up 25 or 30 of these and made

sure that everybody in the waiting room

got one

i don't think so i think they went

around town picked them all up so nobody

could get at them right

now what the story was talking about

young ladies like this who's a nurse
practitioner there's a physician's
assistants
there's chiropractors there's um
naturopathic doctors there's uh
herbalists there's acupuncturists and
chinese traditional medical doctors say
at least they won't kill you because
they just discovered the doctors kill
people and they were just
so mortified they made this a cover
article
your future physician might not be a
medical doctor and you may be better off
how many you know the cvs pharmacy and
walmart now are putting these little
one-minute clinics
in now and they're all being
manned by pas physicians assistants and
nurse practitioners there's no doctors
involved
now the mantra is the physician
assistant that is in so the doctor is in
right so cbs pharmacy has 250 of these
right now walmart's has something like
200 and by the end of this year both of
them are going to have several thousand
of these little one-minute clinics what
they do is they give you a lot of free

advice
and you walk three feet and you get your
prescription that they just gave you
no office call and these are to get all
these
seniors who don't have access to the
emergency rooms anymore because the
state's shutting all that down they
can't go in there anymore
unless they put up cash in the front end
so all these little old ladies and
little old gentlemen who don't have
access to medical care
are now going to go to cvs pharmacy and
walmart's
that's a good thing i don't like drugs
very much but that's a good thing
because a pa won't kill him as often as
a doctor will
a nurse practitioner won't kill him as
often as a doctor will
also one of the things we have and you
can make sure you got your name and
address and phone number and email out
there
we give away free pharmacy discount
cards you can get up to an 85
discount on all pharmaceuticals for your
dog and yourself
they never expire these cards never

expire you get up to a 60
discount for all lab work for your dog
and yourself and a flat 35
discount for hearing aids the card never
expires
you can have everybody in your family
your block and your church use the same
card number
and we give them to you for free now you
may not i don't use pharmaceuticals but
if you and you might not use
pharmaceuticals but i bet you have a
granddad or a
mom or an auntie or somebody who uses
pharmaceuticals right why not give them
an 85
discount ask for your free
pharmaceutical discount card
it's just for showing up here we're
going to be good to you guys now let's
see how long
doctors live the original audio cassette
tape that came out in 1993 was based
on a little survey i did on primary care
physicians and family doctors
because i started seeing obituaries in
newspapers of doctors 28 years old 35
years old 42 years old
i said that's really weird how long did

doctors live so i went to the medical
library i just grabbed a handful of the
german american medical association
just got the first 200 you know even
number first 200
of uh obituaries added up the age
divided by 200 got
57.6 rounded up to to um
58 to give him the benefit out and i
said why would anybody want to go to a
group of people
to learn how to live be 120 when that
group of people only lose me 58.
i mean everybody was giving their
doctors these audio cassettes and
doctors were calling me and threatening
me with murder and it was just awful
the things were going on over that is
that well while it's lying that can't be
so they went and did their own study
this is their study came out in 1999
mine came out
in 1993. six years later
they said wallach lied the average
primary care physician
and family practitioner does not die at
58 like he says we die at 56.
now they're so eager to show that my
statistics were incorrect
that they didn't care that their

statistics showed that they died two
years younger than i said
and so i'm here to happily apologize to
you that i gave him two too many years
of my survey
why would you go to anybody for advice
on longevity
whose average lifespan is 56 according
to their own survey
[Music]
they're dumber than stumps
okay pharma's a new enemy
just live clean no fried foods no
margins no cooking oils
absolutely no processed meats with
nitrates and nitrites
take your mighty 90 the 90 essential
nutrients and the odds are you won't
need any pharmaceuticals now i'm 72
chronologically
my biological age is 18 i'm an 18 year
old male athlete
biologically and i go to all these trade
shows so i go to these booths i get you
know my free blood taking this and
i get my blood pressure taken for free
go into cvs pharmacy and get it taken
for free
my resting pulse is 43 when i really get

worked up and angry it rises very
steeply to 45
and then my blood pressure is 121 over
71
and i've never had a prescription
pharmaceutical
[Music]
okay i've not been sick the last the
first and last time i've ever been to a
doctor when i was nine years old
the first and last time i've ever been
to a doctor with me being the patient
i've been to a doctor to their funerals
because my wife saves all these
obituaries for me i go back to southern
california
she got these stack of obituaries if
they're going to be buried in the next
couple of days i go to the brave side
and i just want to listen what
everybody's saying
i never identify myself as the dead
doctors don't lie guy
now back when i first started doing this
33 years ago giving 300 free lectures a
year
i could get an airport and a little
granny a little granddad would come up
to me with their photo album and say you
want to see my grandkids

there's a little sherry there's a little
frankie and there's bob and tom and this
is ruth
they're going to be this they're going
to be that and i just love them to
pieces and here's what they do and this
one plays music and all that
well today this is what grannies and
granddads look like
they say you want to see my
pharmaceuticals
[Music]
i said do you have any grandkids yeah i
got five grandkids can you name them for
me nope
can you give me the scientific names of
those 27 oh yeah
this is flamin diddle riddle schmidle
you know they give you all the
scientific names of all these things
and this guy looks like he's from
hounton lake
washington or idaho or something i mean
this is idaho guy
this came out in 2006
this is a 2006 this is a
annual number this is a national story
not just a state
deaths by medication air rising now

they're not talking about the side
effects of drugs
you're talking about the doctor who
wrote the prescription made a mistake
you're talking about the pharmaceutical
store the pharmacist who fulfilled the
prescription made a mistake
the person taking the pharmaceutical may
have made a mistake if you're really a
bad luck person all three came into play
right
what they said was each year in america
pharmaceutical medication errors
are tied to 1.5 million fatalities and
injuries every year
why would you on earth would you want to
take a pharmaceutical
there's an example marilyn monroe elvis
presley
keith ledger river phoenix and on and on
and on all these
famous wealthy people who could get
access to these things and doctors write
a prescription
get killed by these things because they
abuse them
there's more people killed every year
this just came out a couple of days ago
there's more people killed every year
from prescription painkillers in america

than from street drugs
there's more people every year in
america die from prescription
painkillers and die from street drugs
we're spending too much money going
after the street dealers
we should be going after the doctors
and one of my favorite cds that i made
is called dial md for murder
no now those of you who remember the
movie remember the movie dial m for
murder
i just added one letter dial md for
you'll love it because it has all these
instances where doctors really do some
crazy things that kill people
yeah that's one of my favorites dial md
for murder okay
let's talk about exercise now now
whether you believe it or not how many
of you heard that exercise is good for
you
now if you don't raise your hand you're
lying calming because i know you've all
heard that right
now jim fix came up with the idea that
personal fitness was important back in
the 1960s
and if you just ran you wouldn't even

need to take vitamins minerals that was
his mantra
you look up in the index of this book
the complete book of running which came
out in 1977
you look under vitamins it says page so
and so you go to that page and says
don't take violence middle just run
you look up the word minerals and
there's no word minerals in the index
well the the new york was at the
newspaper there the new york times
actually made this a priority and they
said look everybody needs to read this
book so they made it a
new york times bestseller endorsed this
book it came out in 1977
five years later in 1982 a beautiful
september day
in vermont 50 degrees sunny no wind he's
running getting ready for the olympics
he's going to run the marathon in the
olympics for us
he drops dead with a 12 mile mark
bam i mean he drops dead when
cardiomyopathy heart attack a simple
deficiency the trace middle selenium
now i know that cardiomyopathy heart
disease is caused by a trace mineral
deficiency called selenium because i'm a

veterinarian
physicians don't know this so you know
more about cardiomyopathy heart disease
right now than all medical doctors in
america
is caused by a deficiency of selenium
how do i know that
well my wife and i went to china and
through the cooperation of the chinese
government we did 1200 autopsies on kids
under the age of 10
who died of a cardiomyopathy heart
attack and there's one province that has
no sleep in the soil
but they give the slim to all their
animals they don't die of cardiomyopathy
heart attack but the kids just eat the
food kind of like the amish
they just eat food grown there locally
and they die these cardiomyopathy heart
attacks so we did 1200 of these
autopsies in six weeks
man now the kids the kids over there now
get selenium every day the teacher has
given slam in school
it stopped it no more cardiomyopathy
heart disease in china
when he died in 1982 september 1982
the the new york times knew that they

had made a huge mistake the general
american medical association knew they
had made a terrible mistake
in endorsing this guy's book so
they came out in october a month later
with sort of like their due diligence
that they should have done before they
endorsed his book
the german american medical association
1982 it was in october 1982.
while running a man's risk of heart
attack death increases by a factor of
700 percent
while running a man's risk of heart
attack death increases by a factor of
700
so somebody tells you to go out and run
an exercise they're sending you to your
death
that sounds kind of rude but there's a
reason for me saying that you'll see in
a moment
now you know ted kennedy had a daughter
named kara for eight years before her
death
in september of 2011 she ran five miles
a day seven days a week and then she'd
go to this health club and she'd swim
for an hour and cool down
and relax and go to the spa and all kind

of stuff on this fateful day in
september 2011 she dies at age 51 from a
cardiomyopathy heart attack
bam she was dead now do you think
the owner of that health food place that
spa
that that health club is going to take a
sign saying we want you to join our
health club because kara
worked out here no because everybody
says no
no she died there
she died in your health club she died in
your fitness center
at age 51 she was a billionaire
there's a reason for this i'm going to
tell you a minute but i want you to
ponder on this for a minute
are there any sports fans in here
only a few huh let me ask you another
way are there any football fans in here
okay that's a little better okay now i
remember in
february march of this year there was
this big thing going on
about football players having head
injuries and concussions and
they were planning on changing the rules
of blocking and tackling and they would

put more padding in the helmet and
redesign everything remember that well
the same thing was going on up in canada
the sports medicine doctor was there as
they were going through all the data
they said oh my gosh
professional football players only live
to be 55 on the average
and so the the life insurance company
said wait a minute we're losing a lot of
money then we need to triple we need to
triple the price the life insurance
premiums for these guys because we we
figured everything out that they
literally 75 like everybody else
so they refigured and they said that
figure 55 is not correct you know the
actuaries that crunch the numbers
they said the average football player
both the united states and canada do not
live to be 55
they lived to be 51.
a man i am football player
i wrestled for the university of
missouri only weighed 123 pounds
and in that workout room in that weight
room were all these big 250 320 pound
football players back
you know in the day in the early well in
the early 60s late 50s

and they used to laugh these football
players used to laugh at the
bodybuilders
who were standing in front of the mirror
all the time you know posing and looking
at their muscles because they had to
to win these contests they had to have
perfect symmetry and their
right bicep had to be the same size
they're left by all that kind of stuff
and they're popping vitamin middle pills
like crazy
and these big football players are
drinking protein drinks and they're
drinking coca-cola
we're the real men here look at those
those guys the weightlifting and taking
all the bonus minerals
and they dot 51 football players
because they live on gatorade
here's why when you
exercise or even do physical work you
sweat don't you if somebody loves you
when you leave the house they say here
honey take some water with this so you
can rehydrate right
it's going to be hot outside you're
gonna be sweating make sure you take
plenty of water well that's what kills

you

that's what kills you and here's why

when you sweat you're not sweating out

water you're sweating out of soup

it contains all 90 essential nutrients

60 minerals 16 vitamins 12 amino acids

and three essential fatty acids

and you're replacing that soup with

water

if you have a car ladies and gentlemen

that's burning a quarter oil a week

would you replace that quarter oil with

water

no that engine is going to burn up by

the second week that's what's happening

when you're just drinking water

i'm a purist i just drink water

bam you're dead

because you're sweating out of soup and

you have to replace the soup

with soup now reggie lewis 28 year old

captain of the boston celtics 1994

they're playing

a playoff game against the charlotte

hornets today the charlotte bobcats

he collapses during the game with a

cardiomyopathy heart attack didn't die

he survived it

he collapses he's unconscious and he was

a very wonderful young man 28 years old

a gentleman this guy never jumped in the
stands and beat up the paying customers
you know one of the last guys in the nba
who is a gentleman right
and uh so the celtics hired the top 20
no no let me back that up if they hired
the
the top 12 cardiologists from around the
world the top 12 cardiologists around
the world they called it the dream team
of cardiology
and they paid them a million dollars
each to find a heart from an
18 year old male athlete who had died
from a head injury or car wreck
transplant that heart into reggie
getting back on the court
they're going to give him 10 extra years
on the court because they're going to
give him a heart from an 18 year old
instead of a 28 year old
right well while they were arguing who's
going to be the captain of this dream
team of cardiology to take care of
reggie and be famous for transplant in
the heart
he dies of a second cardiomyopathy heart
attack because nobody gave him 50 cents
a day worth of selenium

because you see doctors medical doctors
don't know that cardiomyopathy heart
disease is a slim deficiency
well the guy who is destined to be the
captain of that dream team of cardiology
is one dr
w thomas nessa dr nessa
was the chairman of the department of
cardiology at harvard medical school
he taught medical students cardiology he
taught medical doctors who specialize in
cardiology cardiology
they're continuing education meetings
right so they can keep their licenses
he ran the boston marathon every year
for 20 years himself so he would be
doing what he was asking his patients to
do
exercise also he was the cardiologist
for the nba the national basketball
association and he was a cardiologist
for the celtics
well a year and a half after reggie died
from a cardiomyopathy heart attack
at age 48 dr w thomas nessa died of the
same cardiomyopathy heart attack
bam i mean he was dead if i was his
family i'd be embarrassed to tears this
guy had to be dumber in a box of rocks
he's supposed to be the premier

cardiologist in the world and he dies at
48 of a heart attack
i guarantee that all his patients said
wasn't it terrell that dr
nessa died and they just kept on doing
what he said to do
now i don't have a cardiologist remember
i told you i don't have doctors don't
take prescription medications
but if he were my cardiologist and he
said okay wallach you're 72 years old
now
i need you to give up salt because i'm
worried about your blood pressure
i'd run around missoula and i'd collect
every salt shaker from every restaurant
and hotel
i leave a five dollar bill so i wasn't
stealing anything and
i'd take it home i go to every health
food store i get every package bag
bottle and box of himalayan salt celtic
salt celtic salt sea salt
i go to every grocery store and get
every box and canister
morton salt martin salt with iodine i'd
take it home and i build a a two foot
frame around my bed i'd fill that frame
with all the salt

i get naked and i wiggle around in there
until the salt covered me while i slept
i have nurses come in at night while i'm
asleep and install three ivs in each arm
with saline solution
i get three liters in each arm every
night of saline solution with salt water
i wake up in the morning i give myself a
salt enema i'd brush my teeth wash my
hair and take a bath in salt water
and then on the weekends i'd run around
naked like crazy john the baptist
throwing salt everywhere to make sure
everybody knew the value of salt
that's right and then if he said eggs
are bad for
because of cholesterol i eat 25 eggs a
day
if he said
exercise i'd go home
i'd lay in that salt bed and i wouldn't
even blink because i wouldn't do
anything to resemble motion
because i wouldn't want to wind up like
dr nessa dead
dead dead
dead you got it baby
okay now this is a tragic story this gal
here ronaldo pierce
19 years old six foot five she could do

the
air jordan thing and she was courted by
every university and every woman's
professional basketball team in the
world they're all putting millions of
dollars into trust funds for her
telling her in the 21st century she was
going to be the the woman
athlete of the 21st century maybe of all
times
she'd be a billionaire because of all
her line of clothing and sports
equipment and clothing and
things like beauty products and so on
and she chose to go with
florida state university for two years
because she got a from them she got a
academic as well as an athletic
scholarship she said look when i'm
21 years old two years down the line i
will have had time to study the
franchises decide which one
i'm gonna join right well halfway
through her freshman year still age
19 years old she drops dead bam she
drops dead
from ruptured aortic aneurysm from a
copper deficiency just like albert
einstein

because you see well they say it's
genetic because doctors are dumb
yes exactly
and so all she had to do
was supplement with a mighty 90. but she
didn't because
she had a personal physician she had a
team physician she had team because of
the university they had a nutritionist
personal trainer and she dies at 19
years of age from a nutritional
efficiency because she's sweating out of
soup and drinking gatorade
i mean who came up with gatorade florida
state and then in march of this year
there was a kid by the name of wes
leonard from fanville high school
during a in michigan in a in a
semi-finals playoff against holland
michigan right on the eastern shores
of lake michigan they're having the
semifinals game
and at the end of the buzzer the end of
the game it was 55 55 so prophetically
they had to
do a sudden death playoff to find out
who's going to win
to advance to the finals
so he gets the tip off takes ten giant
steps down the court

slams dunk the ball in and they win 57
55 within 10 seconds after him getting
the tip off well this is three seconds
before he died this picture he's facing
the camera
his teammates are so excited they're
lifting him up to his shoulders before
they get him on his shoulders he falls
back
dead from a cardiomyopathy heart attack
a simple deficiency of the trace middle
selenium
now here's what makes me very angry the
medical examiner
the the the guy who did the autopsy on
west leonard said
his death could not be easily explained
he died of a selenium deficiency
he died of a cardiomyopathy heart attack
he died of a slim deficiency
and this guy doesn't know enough about
nutrition and he's a certified licensed
medical examiner
and he does no squat because he didn't
say on there if everybody takes selenium
they wouldn't die like this
will be another hundred thousand kids in
america die every year
he had the chance it was a national

story

well this is what doctors want you to

believe they could detect the genetic

defect if they could only do more

electrocardiograms and this is wes

leonard again

a couple of days later

casually fenville's michigan west

leonard died after game from a

cardiomyopathic heart attack a slim

deficiency

he seemed want more electrocardiogram so

they can screen for heart defects that

can cause sudden death

you can take an electrocardiogram three

seconds before you die

from a um chronology heart attack from a

slim deficiency you won't detect it

it's not detectable with an

electrocardiogram

they are dumb okay

here's a 16 year old girl who died of a

cardiomyopathy heart attack doesn't

always be boys fremont high school in

los angeles she's a cheerleader i mean

she's the best one she's doing back

flips running up and down

jumping up and down cute little girl

dies of a cardiomyopathy heart attack a

slim deficiency 16 years old

now how do you remember a guy by the
name of jack lalanne
he wasn't the juice guy he was not the
juice guy
jay cordish was the jews man how many
remember jay cornish big white eyebrows
jay cornish was the juice man for 50
years
he sold juicers on tv he made literally
hundreds of millions of dollars selling
juice machines on tv
it's only when he retired jacqueline
lane kind of
filled in the last five years before he
died he was not the jewish man
and he never used the word juice man
because
jay cordish would have sued him right
because jay cordish was a jewish man
well he died at 96
the january 23rd of this year down in
96.
he began taking mixing bowls full of
vitamins minerals
when he was 12 years old because he
wanted to be mr america in mystery
universe he accomplished that by age 21
and he took mixing bowls full of
vitamins minerals not mine because he

started taking them a long time ago

right

mars weren't available then and he

started taking them

every day since he was like 12 years old

now what is the common thread between

art link letter

linus pauling and jacqueline they all

took vitamins and minerals

since they were kids

now let's see the football players down

at 51.

we're in the gatorade arizona tea and

water

see the difference you take the mighty

90 we call it some people call it the

almighty 90.

60 mineral 16 vitamins 12 central amino

acids 3 essential fatty acids well how

do you get that

well we have it out there it's very

simple i'll show you a little bit here

very interesting stuff

i've got just about i don't know a few

more slides left they're going to give

away a lot of things

do the drawing and then i'll answer

questions for you for an hour or so

and this fella here theo ratliff

is the longest playing professional foot

professional basketball player the
longest playing professional
basketball player theo ratliff i met him
when he is playing
with the atlanta hawks at age 28 his
career was over because he had bone to
bone arthritis in both knees
the cartilage popped off his right hip
and he had to have a surgically
stable back down and he was so fragile
had osteoporosis so bad at age 28
he caught a pass during an nba official
game it broke his wrist just catching a
pass
from a teammate broke his wrist so the
orthopedic surgeons
for the atlanta hawks examined him and
said his career is over he can't you
know he can't take the bump
bump and hit and all that kind of bump
and run and professional basketball
so his career is over well mutual friend
introduced us
and we rebuilt him with our mighty 90
the almighty 90
in 90 days and we built a sports drink
for him which we
sell a lot of because people love it
tastes good we have four different

flavors

and it has a hundred nutrients in it

gatorade has two ours has a hundred

nutrients in the same price per serving

our says 100 nutrients there says two

okay they do not have copper and

selenium in there ours has copper and

sleeve plus the other

98 nutrients all right

comes in a liquid concentrate comes in

powder in a big cancer it comes in

individual servings stare off the top

pour in a bottle all right

well since his career is over and i

rebuilt him

he's made 140 million dollars in

contract since the orthopedic surgeon

told him his career was over

now do you think his wife christina

loves me

she loves me 140 million dollars worth

now anybody here have a dog

anybody have a dog okay i'm gonna go

with this lady here

now what's your dog's name gretel it

must be a girl

now is is she a dachshund

bernard a saint bernard

huh we live in montana oh you live in

montana okay

okay so you have the saint bernard yeah
now do you feed this gretel saint
bernard
how old is gretel uh believe it or not
she's 12.
that's very good no i do believe it she
already kind of partially answered my
question here she's 12 years old
now do you feed gretel garbage and table
scraps do you feed her dog food no
she gets some nutrition she gets
nutrient nuggets very good and that's
why she's 12 years old
now we spent 120
million dollars no no let me try let me
change it we spent 120 billion dollars
or the last hundred years perfecting dog
food we've tripled the lifespan of dogs
60 years ago an old dog was eight years
old 10 year-old dog is 25. we didn't do
that with wonder drugs and organ
transplants and stem cells and
genetically injured protein we did it
with nutri chunks or whatever you call
them right
okay now why did you feed gretel this
what is it nutribut
nuggets nutrient nuggets okay why did
you feed gretel nutrition nuggets i mean

that's a big dog
so why don't you just give gretel
garbage and table scraps
what would happen to gretel her brother
was allergic to corn and nutri nuggets
doesn't have any corn in it
okay so that's a good reason okay but
also realistically do you think gretel
would live to be 12 years old as she is
now
just feeding her table scraps no she'd
probably no probably not she probably
dies some
weird thing right and why would you just
give a dog table scraps when you don't
know what's in it
and well you have a dog food and now
also do you use a dog food meant for
giant breeds
or you just take the five dollar bag no
it's um it's nutri nuggets okay well
what you want to do is see if
she has dog feeders it's kind of a
rabbit feeder so she can eat anytime she
wants
yeah but what i want you to understand
is if she's getting generic dog food
that's designed for a 50-pound dog she
will not live to be 25
because there's dog food for toy dogs

under 10 pounds
there's dog food for dogs that weigh 30
to 50 pounds there's dog food for large
breeds like
like oh german shepherds and labs
and then there's dog food for giant
breeds like saint bernards and um
great danes okay so i would urge you to
get if nutrient nuggets has
a formulation for giant breeds i would
move over to the
one formulated for giant breeds all
right
now a little dog like a yorkie could not
eat the dog food that gretel's eating
because she can't eat enough
to get all the nutrients she needs
that's why the little dogs our teeth
tend to fall out they get all the heart
disease and all this kind of stuff
because they can't get enough nutrition
for dog food designed for a 50-pound dog
that's why they make dog food for toy
dogs under 10 pounds because there's
more nutrients per pound of feed they do
it by body weight instead of just dog
food
all right now here comes the ultimate
question what's your name ma'am

judy judy

judy okay judy

i'm only giving money to judy's now you

changed your name back didn't you okay

so here's the ultimate question judy why

do we humans eat dog food

why don't we eat dog food why do we eat

food that will kill a dog

why do we eat food that will kill a dog

we make sure a dog

gets dog food that's better for him

instead of our food

i don't like the taste of what she

well you're very smart

[Applause]

well i'm going to send you some a1 sauce

to put on it

okay but you get the picture here don't

you

we eat food that will kill a dog

we eat food that will kill a dog we love

our dog so much

we food we eat the food that will kill a

dog and we give

the food that will kill a dog to our

kids

that's why our kids are not going to

live as long as us now

pay attention here because here comes

the bottom lines

you've been sitting here very patiently
and you've been learning some stuff but
here it comes
there's about six or seven slides left
and you're going to know more than
doctors know
at the end of this thing which doesn't
take much
okay there's 90 essential nutrients
required by all vertebrates it doesn't
matter if you're a hummingbird an
elephant a snake or a human being or a
monkey or a turtle it doesn't matter
a salamander if you're a vertebrate you
need the 90 cents of nutrients
they're called essential nutrients
ladies and gentlemen for two reasons
number one we cannot make these things
we must consume them every day either as
food or supplements
right number two if they're missing for
a length of time
seconds minutes hours days weeks months
years get horrible diseases many of
which are life-threatening
we need 60 minerals and you see there's
two asterisks there because
minerals make up two-thirds of the 90th
century nutrients so you know that's

very important so we need 60 minerals 16
vitamins 12 centimetres 3 essential
fatty acids
plants cannot manufacture minerals
plants take carbon dioxide out of the
air
use the sun's energy in a process known
as photosynthesis to split the o2 off
pump it out in the environment so we can
breathe make chains out of the carbons
and they make vitamins amino acids and
fatty acids these three
food groups are carbon chains and plants
can make these
but does an orange make all these things
in proper races no an orange makes some
vitamin c
a little bit of sugar that's what
oranges make
so also you notice there's no
carbohydrates
or sugars in here is essential nutrients
because we can make one of the
definition of an essential nutrient is
you can't make it
we can make all the sugars and
carbohydrates we need from proteins and
fats
so carbohydrates and sugars are not
essential nutrients you do not need to

eat them
and then you'll be able to cut your
calories in half and double your
lifespan
you do not need to eat sugar and
carbohydrates
they're not essential nutrients now as i
said plants cannot make minerals
and plants only need three nutrients one
element and two minerals
npk nitrogen phosphorus potassium to
give the farmer the maximum yields in
terms of tons and bushels per acre
and to make good seeds for the next
generation we need 60.
so if you're eating a pretty good slice
of organically grown multi-grain bread
you're 57
sharp because you're not putting wood
ashes and bone meal in your bread
anymore
that's the problem so you have to
supplement
now dogs we don't care what nutrition is
in the food
we put everything in there nutritionally
they need and then whatever value they
get from the food is value
added we don't depend on it

now nutritional minerals do not occur in
a uniform blanket around the crust of
the earth they occur in veins like
chocolate and chocolate
ice cream now think about that what that
means
now in our national anthem we have a
phrase in their
amber ways of grain now to me this is
very exciting when you see something
like this you know i'm a farm kid and
you see this just warms your heart
because we're a farming nation our
founding fathers are all farmers
the guys who came up with the
declaration of independence
the constitution we're all farmers
there's not a single farmer
in our federal government anymore
they're all lawyers
that's one of the reasons why we're in
trouble there's no farmers there right
and so we have huge problems here now
but on the other hand we take care of
the world we feel
you look at this you say my gosh we can
feed the world but there's a problem
with this
because just in general you know that
nutritional minerals do not occur in

uniform blank around the crust of the
earth plants only need three so you know
there's at least three nutrients here
and so let's say that this row here has
three minerals in it this row over here
has 22.
this row has three this row has 16 this
row has eight this row over here has
17. it depends on which row in the field
that your grain came from how many
minerals are in it
it gets worse than that
this is a satellite picture of farmland
agricultural land in southern california
just south of the salton sea which is a
small version of the great salt lake
this is a salton sea from 100 miles up
uh satellite picture
and the the stubble in these fields has
been burnt
at the end of the growing season the end
of harvest season now once you look at
the the veins in the soil here
is red over here there's some pink here
there's some black there's some sort of
cream color stuff
and then there's um i don't even what
you call this almost like a
pewter color there's yellow and orange

and there's gold
and then there's pink stuff again and
there's this pewter stuff again then
there's gray
battleship grain there's pink and yellow
and orange and gold
remember what i told you the amount of
minerals and variety of minerals in
these different veins
is highly different it's not the same
so if you grow a tomato in each one of
these different color zones
is not going to have the same mineral
nutrition in it it's not going to have
the same vitamin amino acids and fatty
acid
nutrition because plants need these
mineral raw materials to make the other
stuff
as co-factors right and so there's only
one way you can level the playing field
because
you go to a farmer's market and you get
a tomato beautiful looking beef steak
tomato tastes good
but you have no earthly idea how many
minerals are in there now
nutri nuggets that's what grill gets
okay nutri nuggets
nutrition nuggets being eaten by a dog

in every major city in the united states
will get exactly the same
perfect diet by contrast if you go to a
farmer's market and just outside those
cities
and you're eating bread made from local
grain
there's no two loaves of bread in
america they're gonna be the same when
it comes to
nutritional minerals in there there's
only one way that you're gonna level the
playing field
so that your diet is perfect and better
yet more importantly
the diet of your kids and grandkids is
more perfect
you have to supplement now this is what
makes us different
this is an ancient plant compost this is
not rock
this beige brown material here you stick
your hand
there's like coffee grounds looks like
coffee grounds
has the same consistency as coffee
grounds
you can run it through a spreader we
sell liquid for foliar feeding for

gardens and
big large farm enterprises but this is
where we get our minerals for animals
and people
okay this has 77 certified organic plant
minerals in it
has been certified organic every year
for 35 years
nobody else has this this is the core of
all of our
programs for the 900 different diseases
we can treat we can prevent we can
reverse
this is what makes us different now you
get a one a day multiple
like one a day centrum silver for women
central and several for men
they may have 28 to 32 nutrients and
they're not 90.
the the um
minerals might only have 12 instead of
60. and do they have 100 of each one of
those minerals no they have 20 percent
of the minimum daily requirement
20 percent of the minimum data
requirement 5 percent of the minimum
data requirement
two percent of the minimum data
requirement because they're assuming
that there's something in the food

you're eating well that's backwards you
should
assume there's nothing in there and then
you supplement properly
and then everything that is in the food
is just value-added
they got it backwards we treat our dogs
better than we treat our kids
we're in big trouble as a result and of
course shame on the doctors
because they encourage all that kind of
stuff now
i also have doctors who would say you
probably heard this yourself oh wally
come on there's no evidence you can
prevent and cure disease like
with vitamins and minerals we believe in
science things that have been proven
there's no proof
that you can cure and prevent diseases
with vitamins minerals how many of you
heard of red stuff like that from
doctors
they say that all the time
evidence-based medicine where we're for
evidence-based medicine
that's what they say now that's the
modern version of it
well how many of you know that you can

prevent cure scurvy with vitamin c raise
your hand
we've known that since 1721.
how do you know you can prevent and cure
rickets with vitamin d raise your hand
now doctors are the ones who made
vitamin d deficiency occur in every
human being in america
it's a physician cause disease that
every one of us in america is vitamin d3
deficient
don't you dare go out in the sun if you
do you've got to have skin blocker spf 7
billion
if you wear long sleeves gloves and a
big brim hat don't go out the moonlight
you'll get skin cancer
you cannot eat eggs because that yolk
will get you from cholesterol
then don't you dare take any vitamins
minerals you'll overdose
now they charge you three hundred
dollars to do a vitamin d3 test
and then you write your prescription for
150 bucks for something you get for free
for just stand out in the sun for a half
hour
they think you're doing a favor when
they caused everybody in america to be
vitamin d3 deficient

you all heard of seven food group
pyramid which is is kind of funny
because the doctors and the government's
not stupid
so they see us getting sicker and sicker
dying younger and younger and all these
terrible things happening
they said it must be that the seven food
group pyramid is too
too complicated for americans i mean
it's seven so they've now squished it
down to a flat four food group plate
because seven is too complicated for you
well that's what they say the pyramid
was toppled
for a four food group plate now because
this is less complicated seven is too
big a number for you that's what they're
saying
now now doctors want you to believe the
government wants you to believe this
would be a good meal
you got some vegetables there you got
broccoli cauliflower carrots
you know the broccoli is green so you
got some magnesium in there because it
requires magnesium to make chlorophyll
so you know it's got some magnesium in
there you know there's two other

minerals you don't know what they are
but you've got some two other minerals
you got cauliflower you don't know
what's in there and carrots you got some
beta-carotene which is kind of a
pre-vitamin a
then you got the raspberries and the
blueberries which have some nice
antioxidants
and then of course there's cantaloupe i
wouldn't eat that because you get
listeria and dye
and then you have a piece of chicken
breast here
which has some amino acids but it's
dangerous because it's got some burned
areas in the fat
which turn into heterocyclic means and
cause cancer
and then you have too much carbohydrates
which is not an essential nutrient
if you're not cutting trees and plowing
with your plow without an engine pulling
it
you're just pushing the plow yourself
you don't need that much calories from
carbohydrates
okay so you got a little bit of
antioxidants how many orek points in
there you don't know you know you need

twenty thousand to live a long time like
these long-lived people but how many is
in there you don't know
so how can you how can you eat like that
and guarantee that you're getting
everything you need an optimal amount
there's only one way ladies and
gentlemen
you must supplement
you must supplement with the almighty
90. you must supplement with the
almighty 90 60 minerals 16 vitamins 12
essential amino acids three essential
fatty acids
and people tell me i can't do that two
dollars a day is too much
and then they're standing there with a
cup of starbucks coffee espresso latte
mocha
for eight bucks now there's two problems
with that attitude number one
if you die 50 years earlier 25 years
earlier you're cheating your grandkids
of your wisdom
keep them out of trouble and steer them
in the right direction right
you're going to leave them to some
government guy
think about that or worse yet

your kid's going to die 25 to 50 years
early and you'll be burying them
because you wouldn't give them the
vitamins minerals
do not listen to doctors when it comes
to nutrition they know nothing
i'm going to give you a couple of
diseases that our physician
produced disease physician cause disease
and then we'll call it this quits here
and then we'll bring in the the
giveaways which everybody likes
how do you heard alzheimer's disease
alzheimer's disease is a
physician-caused disease
repeat that alzheimer's disease is a
physician-caused disease
alzheimer's disease is a
physician-caused disease alzheimer's
disease is a physician
causes is there any body that did not
hear me here raise your hand okay
the reason i can say that is this
alzheimer's disease did not occur 40
years ago even by another name
now it's the number four killer of
adults the united states over the age of
65.
now what is alzheimer's disease well
it's a going away of the myelin the

insulation material in the brain the
white matter of the brain which makes up
75
of the brain weight when the myelin goes
away and you don't have enough raw
materials to replace it
these naked nerve fibers get all tangled
up you've all heard the nerve tangles
right
in the myelin they short circuit and
your memory doesn't work
that's what that's what alzheimer's is
well this myelin in the brain that makes
up 75 percent of your brain weight
is a hundred percent cholesterol
so you go on a cholesterol-restricted
diet you're eating egg beaters instead
of eggs
you egg white omelets you're eating
margarine and canola oil instead of
cream and butter and lard
and eggs and you're eating tofu instead
of red meat you're eating boneless
skinless chicken breasts now how they
grow chickens without skin i don't know
but they figured that one out
you're better off throwing away the
chicken and eating the skin
then if you can't get your blood

cholesterol below 200 normal remember
it's 220 270.
if you can't get your blood cholesterol
below 200 they give you cholesterol
lowering drugs
then you can't remember who you are
because you have alzheimer's disease
now because you can't rebuild the mild
in the brain now how many
heard of erectile dysfunction e.d i mean
all you have to do is watch tv every
night
after 10 o'clock at night right here's
bob selling enzyte
[Music]
and then there's cialis you got two
people in two different bathtubs waiting
for the right moment
i mean these people are dumber than
rocks because you have to be in the same
bathtub before the right moment
i mean they don't know anything about
the birds and the bees
and then there's viagra if you have the
side effect of an erection for 48 hours
contact us well if that isn't an
incentive give me the side effect man
so why do we have erectile dysfunction
well there's erectile dysfunction is
caused by a lack of the production

of testosterone the male hormone no male
hormone there's nobody home anymore
right
i mean this is not difficult
well testosterone is a steroid hormone
it's 95
by weight cholesterol so you go on a
cholesterol-restricted diet your
cholesterol lowering drugs ain't nobody
home anymore
so you want to scream into the
neighborhood again you got to eat 68
eggs a day folks
you take the mighty 90 and 68 eggs a day
and they'll be hallelujah holiday again
boy let me tell you
and then of course menopause you ladies
don't get off easy menopause is also a
physician-caused disease
i want you to think about it
progesterone and estrogen are two
steroid hormones all you do is eat six
to eight eggs a day ladies
take the mighty 90 and you won't have
any problems you won't need premarin
which is horse pee
how do you know this but horse horse pee
not i shouldn't i said as mayor's p
okay is mare's p is currently more

correct did they make primron from

oh that's a wonderful fun thing you ever

wonder why you're winning every time now

then

it comes from a horse pete

now your grandma used to go through

menopause in three seconds when she was

seven years old she was having

pregnancies in her 60s right

now half are young women's life i mean

30 years you're suffering

from menopause and go through five

husbands and and uh you know all the

symptoms and everything willingness

the symptoms are so terrible you're

willing to take drugs it'll make you

have cancer and everything

just to get rid of the hot flashes okay

then there's sleep apnea how many heard

of sleep apnea

that's another physician cause disease

now sleep apnea is a normal behavior and

i'm gonna repeat that again sleep apnea

is a normal behavior

anybody who's alive has sleep apnea

watch a dog sleep watch a baby sleep

they'll breathe for about 10-15 minutes

and then they slowly stop breathing and

they'll quit breathing for about two

minutes until their carbon dioxide

levels raise above a certain line
they'll take a deep breath and start
breathing again as they're blowing off
all the carbon dioxide when the carbon
dioxide goes below a certain line they
stop breathing
comes up above the line they take a deep
breath and start breathing again it's a
normal sleep behavior
so everybody they send to the sleep lab
is 100 gonna have
sleep apnea because it's a normal
behavior then they say when he's stupid
asleep
one of the cpap machines you sound like
darth vader
no that's romantic
that'll knock the population down and
then
and then we have um let's see what is it
oh snoring
snoring is supposed to cause heart
attacks i mean come on
snoring cause heart attack no no no but
doctors say well well we got to do
surgery we gotta give the ambient
lunar moth flying around i mean this is
really weird stuff you're snoring
well how did grandma and grandpa deal

with it they slept in separate bedrooms
it was free
nobody died they just slept in several
bedrooms
now the only time you're going to die
from snoring is when your sleep partner
hits you in the head with a pot
now when they wanted to get frisky
grandma or grandpa would put a blue
thumbtack above the eyes of the kids
grandpa and the little kid would say
grandpa why are you so happy today he
says someone you grow up you'll find out
okay you're getting the idea so many of
these things we suffer
from today are physician-caused diseases
and then we pay them to fix the disease
they cause
it's like you go to a guy to change you
all and he takes your brake pads off
you say man my brakes are squeaky
they're not very good you go back and
i gotta replace your brake pads
that's what doctors do
you see because they game the system
remember the senate committee came out
just a couple of months ago and said
doctors are gaming the system now
they do it every day to every one of you
so you got to stop using them

except for emergencies you're
unconscious even in your sleep your
prayers should be
i hope the doctor is sober when i get
there but other than an emergency you've
been run over by a truck or fall off a
roof
do not go to a doctor take care of
yourself first ask grandma
okay do not go to them for every little
thing just ask andy rooney
okay so with that i'm going to get
vivian and jerry and whoever's coming up
here they're going to give away a bunch
of stuff
and here they come let's give them a
hand they're going to give you away a
lot of things
[Applause]
and then i'll come back and answer
questions for you and we'll have a lot
of fun
we'll save a lot of kids that's the main
goal here
let's get dr wallick a hand thank you
thank you thank you
thank you
[Music]
we're the number one obese nation in the

world

[Music]

the medical theory is that people are

obese they're overweight because they

eat too much they don't exercise enough

i mean there's two fitness centers on

every corner and every street now

[Music]

and yet we're the number one obese

nation in the world

that's because obesity has nothing to do

with lack of exercise or eating too much

his greatest impact on our world is just

helping people

understand the benefits of better

nutrition

dr wallick has always wanted his mission

to be

why you should understand that your

foods do not carry all the nutritional

supplementation that you believe they

carry

the work that he has done for 50 years

it was based on the foundational

fundamental nutrients that your body

needed

what the deficiencies of those nutrients

actually meant and how they all tied

together

to create an entire pathology of

disease and illness nothing changes in
dr wallach's mission
it is changed the world through
nutrition if something is
illegitimate false he calls it out
even if it means alienating
the entire medical community he doesn't
care
he cares about the truth he is so
brilliant when it comes to
nutrition and understanding nutrition
and the need for supplementation at the
cellular level
i realized when i was nine years old as
a kid that
nutrition played a great part in
diseases that even doctors didn't know
what to deal with
and that's how this all started
[Music]
i had facial tics little cramps in my
face and i'd
squeak like a pig and make funny little
noises
and it got worse and worse and worse by
the time i was nine years old it was
truly disabled and my mother took me to
quote the best doctor
and she said i can't find anything wrong

with him so the next day in school
everybody else went to lunch i went to
the library and i found a nursing book
so i just started in the index under a's
and
and went through it and it sets a
calcium deficiency
i had chores on the farm including
feeding some alfalfa pellets that were
enriched
to little bull calves and i would read
the little analysis tags on the back
and it had minerals including calcium
and ran right to the bar and began to
eat handfuls these little alfalfa
pellets myself
and two weeks time i was cured and so
when i was nine years old i knew there
was something to nutrition
when i graduated high school
i went to the university of missouri i
got accepted
into veterinary school first try and by
1961 i was doing graduate work in
pathology
doing autopsies on animals going for a
phd in pathology he also studied
comparative pathology which meant
comparing humans and and animals and the
pathology that

they either shared or didn't share and
back then it was almost unheard of
to be able to research back and forth
between
humans and animals and the the things
that they did share in terms of
environmental impact pollution diseases
in 1961 i ran into the first
recognized mass die-off in pollution in
america i'm only 21 years old a graduate
student i recognized it
did all the chemistries got prepared for
publication and got it published
i gave marlon perkins the old mutual
omaha wow kingdom show
a copy of it
because i had worked for him he was a
good friend and a mentor
marlon perkins was the at that time the
zoo director of the
st louis zoo and he mentored my father
and helped him get into veterinary
school
because of his pathology and his
veterinarian
he had a different way of looking thing
at challenges
that the average person didn't that
whole chronicle

of education is very very important
understand because once you understand
that
then you understand why he talks about
what he talks about
i need you to go to africa in the white
rhino conservation projects the african
elephant conservation project i don't
know how long it's going to take
they were rapidly disappearing because
land was being gobbled up for farming
and ranching and
they require a lot of land for food i
went to um
south africa on that project it's the
shlouie and umphalosie game reserve
now you have to figure out how to
tranquilize these things
put the darts together and we kind of
crawled through the grass
i had to be with them 10 yards to these
6
500 pound rhino that want to kill you
and so i figured
if i shot him in the rump i could get
him to run away
as opposed to shoot him in the front
then they charge it i spent
two years on that project caught over
200 white rhino

about 50 black rhino and over 100
african elephants so if you see white
rhino in a zoo or wild animal park
it's either one that i caught or off
springs when i caught today there's 10
000 white rhino in the world as opposed
to 400 than there was
back in 1965 so very proud
to been in on saving the species
this was my middle daughter who was born
in africa i delivered her out in the
bush of africa and this is a
white rhino pelvis that she was
kind of sitting in just for something to
think was kind of cute and
laugh at catching rhino catching
elephant
living off of the wild game and fishing
in africa was just really a great life
for a young fellow
i was prepared to stay there forever at
that point the heck with academics
perkins sends me another letter and says
i've got a big grant from the national
institutes of health to study pollution
as a cause of
birth defects and degenerative diseases
and you wrote the first paper and a mass
taupe in america from pollution

the big zoos in the united states are
going to use the zoos as the canary in
the mine because there's bound to be a
species at the zoo that's sensitive to
pollution like humans
and you'll do pathology and all types of
humans as well as the animals so i went
back
to washington university in saint louis
this was called the center for the
biology of natural systems
it was the st louis zoo in 1967
it was a 10-year project did 20
000 autopsy 17 000 some change of over
454 species of zoo animals and 3 000
human beings
it turns out the pollution has nothing
to do with causes all deaths from
natural causes
are caused by nutritional deficiencies
but nobody done 454 species until my
project
what i found was that every vertebrate
whether you're a hummingbird
or a flamingo or you're a turtle or a
fish or an elephant
a rat a dog cat pig or a human being
all vertebrates require the same
nutrients sixty minerals sixteen
vitamins twelve amino acids three fatty

acids
if they're deficient in the same
nutrient all of our weights got the same
deficiency disease
nobody ever thought of that before that
was the beginning of the science we now
call epigenetics
before there was the word these 20 000
autopsies all these chemistries and
slides went into a 1200 page book
that sold for 140 bucks back then but
never been a book like it before the
disease of exotic animals of course is
one of my great treasures because it
represented the 10 years of actual work
i was in the smithsonian institute as a
national treasure
back then zoos did not have full-time
zoo veterinarians and so my father
trained the first full-time zoo
veterinarian at the saint louis zoo dr
beauvoir who he
my father and dr bover later wrote the
book diseases of exotic animals together
and my father's whole idea
was to create an information clearing
house that was the
very first book ever written to be
shared by zoos and vets all over the

country this is before computers
this is before the web but i moved to
chicago and worked as a pathologist at
the
brookfield zoo in lincoln park zoo the
shedd aquarium
moved from there to the jacksonville zoo
and the memphis zoos as a pathologist
my father's impact in terms of of
helping animals
and his passion around zoos was
expanding on the idea of open-air zoos
in the early 1900s into the mid-1900s
zoos were really places that had cages
and caged animals
my father's work and impact had a lot to
do with creating these open air zoos
which you see today
a great example of that is the san diego
wild animal park
where the animals roam free and where
the animals didn't know they were
actually
caged growing up with my father
obviously was
was interesting you know as a young boy
we would move from city to city and
initially zoo to zoo
i kind of thought it was normal i
thought everybody grew up in zuzia i

kind of had free reign and free run
a variety of zoos i knew everybody
everybody knew me i was you know this
young little kid dr wallach's son
and so it was fun growing up uh you know
around the zoos
i was approached to go to atlanta
georgia and work at the yerkes primate
center
with the primate colony there that
nasa was working with to send monkeys
into space and so forth
marlon perkins put my father on this
path early on that's ultimately what led
to my father making the discovery many
many years later
of cystic fibrosis working as a
assistant pathologist
at the york east primate center doing
research on
primates in particular to further human
science and human health
and ultimately that's what changed my
father's direction really
towards human health there was always
that peace behind me
looking for more information yerkes had
many many things there was five
of these regional primate centers

scattered around the united states
and this particular one in atlanta
georgia the yerkes regional priming
center
was being used to train
and raise monkeys for nasa for space
travel
and again it was my first um year there
it was winter time all the people who'd
been there for 15 20 years
live for the holidays i'm the new guy on
the block i get left there by myself
here it comes i get a six-month-old
baby monkey came from a colony of 25
baby monkeys all with different mothers
and fathers so they're not genetically
related whatsoever
for six years before that monkey died
every month the parents the mother and
father of each of these baby monkeys
they would take a blood sample and put
in their freezer
so i had six years worth of monthly
blood samples from the parents of these
25 monkeys
i mean how perfect is that did
everything
found the one nutrient that was missing
hadn't been missing in the other ones
before this group but after this group

that nutrient was missing that's why
these monkeys got cystic fibrosis
it's the first non-human case that
cystic fibrosis has ever diagnosed in a
primate
or an animal for that matter i mean i
was excited because this is really going
to help us the research to help kids
with
psychiatrists so i had this paper all
ready to go had all the data
i had all my microscopic pictures i had
all the chemistry that i'd done
all those same blood samples i had the
biopsies from the 24 living ones
i got all prepared i'm so excited i took
it to the head of the your keys priming
center
and then i took it to the head of the
medical school
at the emory university there i said i'm
ready for publication here i want you to
review everything
and they fired me because they said oh
it's a false series
when my father discovered this case of
cystic fibrosis
anything to do with with animal research
was a hot potato

and anything to do with primate research
was an extra you know uh hot potato
and my father's discovery and belief
back then which is
the same today is that what led to the
the death of
that infant monkey and led to cystic
fibrosis
occurring in that monkey was a
nutritional deficiency they didn't know
what they didn't know
and they were feeding them a traditional
diet of monkey biscuits and
saturated oils and things like that and
my father's point was
that the monkey in question and others
were they were deficient in key
nutrients selenium being one of them
vitamin e and riboflavin being others
information is his power he wanted the
world to know this information
they wanted to keep that quiet and so or
it seemed
my father was willing to tell anybody
you know he was he was driving
the media attention to get this message
out to get the story out to get the
information out
wallet claims he discovered cystic
fibrosis in the organs of a dead monkey

while working two years ago here at the
yerkes primate research center in
atlanta
proper selenium levels in her diet we
can if we're correct we
went then we'll be able to prevent what
is called cystic fibrosis so is he a
radical rebel or the cause
without a doubt and he's the best one at
it dr wallach has
really um put himself in a position to
take on a lot of arrows
he wasn't worried about popularity he
wasn't worried about what other people
thought what he was most concerned about
is
how he could impact people and do the
right thing and just simply tell the
truth
he has this belief and this knowledge 50
years
of scientific research and i already
know
for sure i don't care if he gets knocked
down another 20 times
he will get up that 21st time i've seen
my father
deal with a lot of blows that would
cause most people to just curl up in a

ball and quit
when he discovered this case of cystic
fibrosis uh
he had four kids and my father was
married to my first
stepmother and she wound up dying at
that time of non-hodgkin's lymphoma it
was devastating to him he made this
major discovery and he was excited
and then fired it for it and so they
took you know all that away from him
and he was faced with having to support
us four kids
bury his wife and move forward that's
when ultimately within a year
i knew i had to become a physician so i
could treat these kids because they
weren't going to do it
there is a disconnect with the medical
system medical system has failed us very
badly
they believe their genes going to do
their thing regardless what you eat or
don't eat
they think if you have bad genes your
bad genes are going to do what they're
going to do regardless of what you eat
what you don't eat
well in the animal industry we're able
to show very clearly

that i could take a animal with type 2
diabetes
and give them the nutrients and in weeks
to be gone
i've been doing the same thing in human
beings for over 40 years now as an hmac
physician
in order to become a naturopathic
physician you have to do four years of
pre-med
four years of naturopathic medical
school about a thousand hours of
clinical supervision
you have to pass national boards you
have to pass state boards
you have to secure a license to practice
medicine and
pursue continuing education credit every
year however
the distinction between naturopathic
medicine
and what md's practice which is
allopathic
medicine is that naturopathic physicians
are taught therapeutics the intention of
which
are to cure the condition allopaths mds
are taught therapeutics
the intention of which are to manage the

condition
most naturopaths we focus on the body as
a healing machine and recognize that if
you give it
the all-natural materials it needs the
herbals that it needs and you take away
from
the body those things that are bad that
impact ill health
those are the things that we need to do
to maintain good health your body's a
fantastic healing machine
let's give it the raw materials it needs
your body
knows how to fix itself it wants to fix
itself it's trying to fix itself
and it's the holistic physician's job to
support that
and nobody does that better than doctor
walker at the end of the day we are not
drug based beings but we are vitamin
based beings and mineral based beings
and protein based beings and
oxygen based beings and water-based
beings
he believes in you taking your health
into your own hands and he wants you
to have every bit of information you
need to make a decision
you know sir i don't even know you but

i'm going to save your life
you know this will take 25 years off
your life
are you kidding me the biggest
misconception
about dr wallach is that
he's just like he's just a quack
like he's just crazy and he's like a
heretic they use these types of words
but they're using it not because of his
knowledge
they're using it because of how he
behaves but here's the thing it's no
different than
us it's just that most of us meaning
99.9999
of us don't have a sense of purpose and
mission like he does
and you want him that way because the
greatest leaders
of this world have been that way and
they have been the ones
who has been able to transform society
and made an
impact i think rebels are passionate
people and dr wallach certainly fits
that bill
i think you have to have a little
something burning in your heart

if you're going to improve health around
the world his
thought process is so forward that
people sometimes think it's a little
insane what he's saying or that there
isn't truth to what he's saying
but he proves everything with research
if people took time to really understand
then they would see how simple his
message is and how much common sense
there is in it
the first time i met dr wallach i really
didn't understand him i didn't know how
to take him
and because i had never been involved
with a person like that
who was sincerely passionate about
what he did he's only seen as this man
who's on a mission traveling 300
350 days a year where's his personal
time where's his family time where are
all those things
but we make those moments count when he
is home
and the misconception is is that he's
all about work
and nothing could be further from the
truth he really is about having a great
life and having a very full life
i have four wonderful children eight

wonderful grandkids and four wonderful
great-grandkids
they're all very healthy because they've
been taking the 90s central nutrients
before they were conceived
all through the pregnancies they were
developed in and so i'm very very proud
of their good health
my father he is like a child that never
grew up because he's just
constantly going he's constantly
learning and we've all known children
they are excited about life they go
go go until they finally just collapse
and you know they just crash
and you know much like my 10 year old
you know he'll go and go and go
until he just is exhausted and my father
still does that
if we just eat well why do we need to
supplement if we just eat well
do everything right why do we need a
supplement this goes back thousands and
thousands and thousands of years ago
when the universal fuel was wood
and when you burn the wood the carbon
and the wood 95 to 98 of what's left
that powder or the minerals that they
would put the wood ashes into the garden

as a fertilizer and then we ate the
plants unknowingly we were getting
supplemental minerals by fertilizing
with wood ashes
this went on until three o'clock in the
afternoon monday september 4th 1882.
thomas edison pulled the switch on the
first commercial electric generating
plan
in 10 years every town every
municipality
and every city in the industrialized
world converted from what is universal
fuel
to electricity but they didn't know they
were getting their nutritional minerals
from wood ashes how many minerals are
left over every morning when you fill
your home
with electricity zero we do have
an organic non-gmo movement
but organic fruits and vegetables raised
in a soil that's nutritiously dead when
it comes to minerals
is still nutritionally dead a farmer is
not going to get paid to put additional
minerals into his soil
he always going to get benefit from
putting fertilizer on his crops
because that's that's the cheapest way

to get bushels per acre
even when you think you're eating really
really healthy
you're still probably not getting all of
the nutrition that you need
and the reason why that is is because
the nutrition that you're getting
is dependent on the nutrition that
you're taking in which is dependent
on the foods that you're eating which is
dependent on
the soils that those foods were being
grown in
you're not getting the nutrients even
from that
organic pesticide free broccoli
because the soil that it's grown in is
not
cared for u.s senate document 264
published in 1936 they said 85 percent
of our farm cells are totally depleted
in minerals
because there's no more wood ashes and
there's no more silt from floods
now here come alchemical in monsanto
they got the greatest idea we'll come up
with fertilizers plants only need three
nutrients
npk nitrogen phosphatases so all their

commercial fertilizer mtk

carrots are beautiful beans are are

beautiful tomatoes

everything you grow for these

fertilizers are beautiful

but they only have three elements in

them and you're 57 chart

if you don't supplement i do have to

give some credit to my agricultural

professor william albrecht from the

university of missouri he's an icon

dr albrecht uh developed not only the

first

theory and popularized it that just

because you have two

oranges doesn't mean they have the same

nutrient content and he also

popularized the the idea and the theory

that uh just because

um something has grown in in the soil or

on the ground

doesn't mean it's the same as that same

thing grown somewhere else in different

soil

that nutrients aren't the same in

in all places his last name now is

actually the most

common and popular soil science quality

scale it's called the albrecht scale

and the albrecht scale is the rating of

the healthfulness
of agriculture soil as a student
in the department of agriculture on the
weekends everybody else is out
going to drink beer and i was blessed to
be with professor william albrecht
who is the legend when it came to
minerals in the soil
and we would be in his experimental
fields
and we would just sit there and squat in
the dust and for four years
he was my mentor my personal mentor it
was one of the best times of my life to
spend those four years with him because
i really really began to understand
minerals in the earth dr walk's
brilliant insight was
was he noticed because of the way we
farmed because of processing because of
soil depletion we weren't getting the
micro nutrients to channel
all that energy into the right chemical
reactions so we were
functionally the starving obese there's
no minerals
coming out of their fertilizer program
in the crust of the earth we can find
over 75 different minerals and this is

the value of supplementation
what individuals need to understand that
if they want to get the nutrition
that they need then they're going to
need to take enhanced nutrition
in the form of supplementation when it
comes to health and wellness and
nutrition
that dr wallach had to shock the world
with a
simple one-liner
dead doctors don't lie i've been giving
lectures for eight years before that
dead doctors don't lie that'd be a great
title for this
audio cassette tape and immediately
skyrocketed
and they actually sold 158 million
copies of that audio cassette tape
it was life-changing for people um
you know the message itself around
supplementing
nobody had talked about it like that
everybody you know when you talk about
supplementation people say oh
i take my vitamins or whatever my one a
day
and but nobody was talking about the 90
essential nutrients
and nobody was talking about the fact

that
you know multiple diseases can occur
because of
deficiencies and that cassette tape
and then later the book laid it out so
succinctly
that it was life-changing for people we
think that the formula to health
is something incredibly complicated and
he's really simplified it into
understanding that
if you give the body certain elements
minerals
vitamins amino acids fatty acids
then the body is going to take those
resources
and create a better body it was amazing
because it was
originally two and a half hours and yet
people
found it so interesting the information
they were so hungry for the information
that became a phenomenon around the
world it got
translated into numerous languages and
so the book was really a continuation
of that two to two and a half hour
lecture really filling in the rest of
the story he was an advocate for salting

your food to taste
he was always a proponent of good fats
and an opponent against oils like
vegetable oils and margarine this is at
a time that
butter was a villain healthy fats were
villainized food scientists
and food lobbyists were advocating for
vegetable oils
margarine not butter not
eggs not salt not things that were more
natural my father was always an advocate
for things that
are more natural these are simple things
that
that he was advocating on that audio
tape that he then
filled in the rest of the story in the
book the whole world has flipped
to where this is not controversial
information anymore it's common
mainstream information and today he's
been proven right that doctors don't lie
as the most
widely distributed health lecture in
history one of the gratifying things
today is of course
is to see that the issues that i've
brought
forth based on those 20 000 autopsies

which flew in the face of the belief at
the time
that i was quite correct and that now
everybody is going the right direction
and i feel gratified that
all that effort was worth it the reality
is my father
is a type a plus plus plus plus
personality he sleeps very little
per night he writes his books on uh you
know
flights and he makes good use of his
time he is very passionate he's very
driven
epigenetics is all of my clinical work
and all the continuing
science genetics will determine your eye
color your hair color your skin color
as soon as the sperm fertilizes the eggs
your genetics will determine if you're
an xx female next white male
but there's an over extension of this
exciting new field of genetics
it's epigenetics that is how an
environmental factor including nutrition
or the lack of nutrition but also
environmental factors like pollution
and what a developing fetus encounters
whether it's

lack of nutrients adequate nutrition

chemical exposure

good clean water or bad water

epigenetics is replacing genetics

because epigenetics

says that your genes your dna your rna

in your telomeres requires 16 minerals

16 vitamins 12 amino acids 3 fatty acids

90 essential nutrients as i began to

lecture

around the world on the subject of

epigenetics

and starting to downplay genetics this

began to draw fire

from the pharmaceutical industry from

the government from the fda at the time

it was uninteresting

nutrition was uninteresting to

science and scientists in general they

were sure that

genetics that bacteria that viruses

that pharmaceutical drugs held the

answer that

dna held the answer dna holds part of

the answer

today epigenetics is the hottest topic

in the field of scientific research

because it holds the key

it holds the key to everything but the

the challenge with epigenetics

is that uh there are so many
possibilities
he's never been tied to a certain set of
research or a food company or a drug
company
or uh the dollar he's just been
committed to his heart and what he knew
the one thing that people should
understand about dr wallach is
he is not going to be stopped he's not
going to be stopped by the fda
no one wants to take on the fda no one
wants to go through that battle
dr joel wallock has triggered a health
freedom revolution in the united states
and really around the world the deshay
act was actually a congressional act
that stood in the way of doctors having
the sole right to prescribe vitamins
minerals
clinton miller who is the sort of
cutting edge person for the national
health association and sharm murphy and
i
the three of us would collect petitions
at our various events
like four times a year and we would
bring these petitions
to actual committees in congress and say

hey
you can't make vitamins minerals
prescriptions that's like saying you're
gonna
make an egg a prescription item here and
so
people have to have the right to get
these things themselves without having
to get a prescription from a doctor of
course
doctors didn't like that they so they
actually had
charges brought against us and have
people arrested we were always chased by
detectives and watched and so forth
since 1994 when the duchet act was
passed
there's never going to be a possibility
where somebody's going to have to go to
a doctor and ask for prescription for
vitamin a and vitamin c and selenium and
so forth
and we're very gratified about that and
that if anything's
worth a lifetime's worth of work that
alone is worth it
so until de shea was passed in 1994
supplement companies couldn't make
disease risk reduction claims about
their products or their ingredients

our whole goal in enacting the the
health claim petition process which is
now available through the fda was to be
able to educate consumers
on the benefits of these nutrients and
these products
with help of people like jonathan e
moore and certainly people like my
father
this is now available to supplement
companies to be able to file health
claim petitions
to be able to better educate the general
public consumers can read a label on a
dietary supplement
and understand what the product's good
for and the science behind it
the nutrition labeling and education act
followed by the dietary supplement
health and education act
were indispensable to opening the door
to health freedom in the united states
without those acts passage it would have
been very difficult
to get where we are today so some of the
successes that have come about because
of the first amendment litigation and
also
the change in the statutory law are

omega-3 fatty acids reducing the risk of
coronary heart disease
folic acid reducing the risk of neural
tube defect births
selenium reducing the risk of cancers
antioxidant vitamins reducing the risk
of cancers and on and on
so since the victory in pearson versus
chilela
where we were allowed for the first time
in american history to communicate the
information that folic acid
reduces the risk of neural tube defect
births when in supplement form
the incidence of neural tube defect
births in this country has gone way down
so when you submit the information
around a health claim petition it's not
a simple process it's very detailed
you have to accumulate all of the known
science the good
the science that doesn't necessarily
support your claim and the neutral
science associated with the the
nutrients that you're submitting the
claims
for ultimately we wound up working with
dr gerhard schrouzer a long time mentor
of my father's the the most
notable and accomplished author of

and researcher of selenium information
and research
we also at the fda's request sent dr
philip wenger another professor very
knowledgeable in trace elements selenium
in particular
as well as jonathan emor to the fda to
educate them on the benefits
of selenium and the science associated
with
the claims that we had submitted
ultimately the fda approved our health
claim petition
and the associated claims such as
selenium may produce an
anti-carcinogenic effect in the body
and may reduce the risk of certain
cancers if there weren't dr joel wallock
for example we would not have been able
to produce these results
it takes a person who is a firebrand
like wallock
to explode the barriers blow them up get
them out of the way
because he's insistent on our rights
he's insistent on gaining freedom
that will allow us to communicate this
life-saving information so once the
health claim petition

is authorized we don't get to patent
that information we don't get to
trademark that information
it's available to any company that has
that particular nutrient in their
products
and the whole goal was to educate the
general public was not to
patent that information or copyright it
it was to make it available to the
general public
and to help everybody with their health
through that process
our government in the medical system
says our children be the first
generation americans that do not live as
long as their parents
what a terrible projection and of course
um i'm not going to allow that to happen
we'll work day and night
we will work our fingernails off but
we're not going to let that happen
doc has been fighting these types of
battles throughout his career
one of the covers of time had two fried
eggs and
bacon and a frowny face and the whole
message was do not eat eggs
do not eat butter and and it was this
big move

to margarine and doc of course
in that same time was like putting the
stop sign up saying no no no no
we eat eggs in fact we eat a lot of them
we eat butter we don't eat margarine
and he's fighting that fight people
thought he was insane because the whole
world
and heck the cover of time was chatting
about no no no this is the message and
here he is swimming upstream again
20 something years and on the cover of
time the eggs are back on
it's a smiley face now when we're
supposed to be eating butter and it's
not contributing to heart disease
what gives him that unique perspective
and have the opportunity to have to do
thousands of autopsies on animals
there are not many physicians who have
the opportunity to do
15 20 100 autopsies dr wallach has done
thousands of autopsies
you get a totally different perspective
about what's going on in the human body
when you can actually see it and you see
it at the time of autopsy
i remember it vividly him telling me
that it would take

probably a hundred years before science
caught up and gave him credibility for
that now i think
we're i think we're mostly there people
that i've met
have never ever put 24 7
for 30 years into one thing that they
fervently believed in like dr wallach
and his mission for nutrition for the
planet
he's had a huge part in really just
opening people's minds to
the the possibilities and you know
really broadening that horizon
when it comes to health and wellness and
and better health
through better nutrition things where he
was getting fired for 30 years again
ago now he's winning awards for
receiving that klaus schwartz award
was a justification and a support
of my findings which is an award given
to health professionals who do
very unique work in trace element
research
and i was the first naturopathic
physician
to get it usually been given to medical
doctors who
were medical doctors and phd in either

biochemistry or pathology
here's the experts in biochemistry of
the world saying my findings were
not only correct but useful dr wallach's
work was said to be a joke and that he
didn't know what he was talking about
now the united nations is inviting him
to speak and they're validating what
he's saying
there's a philosopher named arthur
schopenhauer
and he's famous for saying all new ideas
are first
ridiculed then fought and then accepted
he is on a mission and he has this
vision
of exactly how it needs to be he doesn't
change
it's always who can we help how can we
help them dr wallach he still does 300
lectures out of the year
does typically five days a week two
hours of radio when he's doing this
radio show he's typically sitting in a
hotel room
on the telephone with a headset and it's
all coming out of
his head he doesn't have someone feeding
him answers like there's other people

out there
saying this is the answers you should do
i don't think people realize that they
all think oh he's looking in a book or
something like that
no it's just his knowledge i have seen
this guy in the course of
one day do four hours of live radio
two hours of television interviews a
three hour
seminar travel two hours in the car
and be on the phone every minute talking
to people that called him on the cell
phone
to ask him about a particular malady
that somebody they knew were dealing
with
this guy is 24 7
committed to human beings
our bodies are designed to maintain
health healthy is normal people forget
that
that a healthy state is a normal state
everybody always thinks that it just be
is so it's so difficult or it's so
complex or you have to
be so perfect it doesn't take
much for you to be nutritionally sound
but what it does take is it takes
consistency

i believe that the human being has the
capacity to live well beyond 120.
we had the capacity to and this is
epigenetic because
given the right raw materials our cells
will repair themselves forever
today the vast majority of people
understand including the medical
world understands that we need good
access to a baseline of nutrients but
certainly minerals we can't live without
minerals humans would would cease to
exist if we had no access to minerals it
became
that message that we need to supplement
and for them to understand
that our farming practices our
environmental
and ecological practices have negatively
affected
our access to just the basic nutrition
this is where my father's 90 essential
nutrients message comes from is that
it's a baseline
of trace minerals including ultra trace
minerals so really a baseline of
ultratrace
trace and major minerals is the key
that's the foundation

you can't build a house that's going to
last without a good foundation you can't
build a a
a a great you know human body without a
baseline of minerals
i go around and give lectures all over
the world people every month come up to
me and tell me
how to save their lives how the
information saved their mother how to
save their kids
you cannot pay for that you cannot pay
for that that's worth everything
[Music]
[Music]
[Music]
[Music]
good boy
my name is michael swirling i'm the
proud
owner of ksco news talk
am 1080 and fm 104.1 in santa cruz
california
a place where there are more characters
per square inch
than anywhere on the planet it was a
lifelong dream for me to own this
station from the time i was a high
school kid
and in 1991 25

years ago i was able to realize that
lifelong dream but be careful what you
wish for
because even though i was so passionate
about running a radio station
that serves the community we did a very
good job of serving the community but
guess what
it didn't pay financially it was almost
impossible
to sell enough advertising to pay
what it costs to run a radio operation
like this
and that's why you won't find a talk
radio station
anywhere in the country or probably in
the world
that's anything like ksco i'm going to
share with you the secret
of our success and longevity for the
last
25 years we have been able to do
almost the impossible and that is
because
i joined a company called youngevity
founded by dr joel wallach an absolutely
amazing person
i'm very proud to present the
following video presentation

that has just blown me away dr wallach
has a message that everybody needs to
see
and i want to share it with you starting
right now
this is about your health and longevity
hello i'm dr joel wallick and we're here
to talk about health and longevity today
and the thing that makes my view
different is that i have a degree in
agriculture i'm a veterinarian
i wrote the first paper in a mass style
from pollution in america
1961. i am a comparative pathologist
and i've done 20 000 autopsies 17
thousands of change
over 454 species of animals and 3 000
humans this is for the center for the
biology of natural systems
a composite of washington university in
st louis
the st louis zoo and the shaw's
botanical gardens
and i also have a degree in
post-doctoral fellowship in comparative
pathology
which is the equivalent of a phd in
compared pathology and i'm a primary
care physician
since 1982 i've been licensed as a

primary care physician and naturopathic
physician
from oregon licensed in oregon and i'm
also licensed in california again as a
primary care physician
and of course this gives me a different
view on things what you're going to see
here
in this presentation is why we're in
trouble
why are children or die before we do
they're going to be the first generation
americans who do not live as long as
their parents
why our food is depleted of nutrients
has nothing to do
with pollution and we have a real
problem here
and what you're going to find is we're
going to give you solutions and we can
all win this game together
but everybody's going to have to be
obsessive about making these things
happen
so here we go and of course you're
seeing here some of the
various awards i've won so it gives me a
little credibility
and i graduated agricultural school at

the university of missouri

i graduated veterinary school at the

university of missouri and before

graduating

veterinary school actually started

taking courses

in pathology and this is me getting an

award at the united

nations for natural medicine lifetime

achievement award for natural medicine

and philanthropy

and the ambassador on

the right side of your picture is this

wonderful lady she's the ambassador from

nepal

and the gentleman on your left is the

ambassador from dubai

the uae the united arab emirates and

this is off the stage after receiving

more this is kind of the red carpet

thing

and this is me in 19 well this is me in

2011

getting the klaus schwartz award for

trace middle research in the prevention

reversal of

birth defects and most of you have heard

or read

the audio cast that tape the cd or the

book dead doctors don't lie the cd is in

12 different languages all over the
world and it's
sold over 300 million copies we're very
very proud of that obviously somebody's
interested in the message
now this is a word cloud and it's just
going to be a brief introduction to some
of the concepts we're talking about
before we get into the details so you
know where we're going
i want you to look in the upper right
hand corner and you'll notice it says
obesity
the prevailing theory for 100 years on
obesity has been
obesity is caused by eating too much and
lack of exercise well we found that
theory for a hundred years and what did
we get we're the number one obese nation
in the world
it's a failed theory basically being
overweight and obese is really due to a
deficiency of a certain group of
nutrients
and if any one of them are missing
you're going to start gaining some
weight there's several of those
nutrients in that group
if you're missing them you're going to

weigh 400 600 800 pounds

and so obesity can be gotten rid of very

quickly

but you have to supplement with these

nutrients and then the cravings the

munchies the binge eating goes away very

simply you can lose a half pound of two

pounds a day and we'll talk more about

that in detail in a moment

the red rectangle just below obesity

has the word alzheimer's in it

alzheimer's disease is certainly not

caused by eating aluminum or being

contact with aluminum deodorant

we're looking at a disease that's a

physician-caused disease

alzheimer's disease is a

physician-caused disease not caused by

aluminum

absolutely not genetic it's a simple

nutritional deficiency it's driven by

doctors telling people to do things

telling their patients to give up

cholesterol and saturated fat to say

cholesterol deficiency

we'll talk more about this in a moment

then there's cardiovascular disease

this is probably one of the biggest

hoaxes because it's proactive

in other words it was consciously done

to sell
another product and this is where
procter gamble to make a long story
short
ultimately bought the patents for a
substance that was used as a
submarine diesel engine lubricant a
smokeless lubricant
originally and after the war they didn't
need it as a
submarine diesel engine lubricant
anymore and so procter and gamble wound
up with it and they were going to sell
to soap and they couldn't sell it as
soap because
people were making their own soap and
they decided to use it as a sharpening
for cooking but they had to demonize
what grandma had been using for
centuries and that is lard butter cream
and eggs for cooking
and what they did again to make a long
story short through ancel keys who was
on the board of procter gamble and also
on the board of the american heart
association
uh he brokered a deal in which the
procter gamble gave
a 1.7 million dollar grant to the

american heart association in
exchange for an endorsement of this
diesel lubricant as a replacement for
lard buttercream
and demonization of cholesterol and
saturated
fat also they came up with the idea of
the mediterranean diet to sort of
make it more sexy to give those things
up the mediterranean diet and it's
turned out that these are all false
things we'll talk about that more in a
minute in detail but basically
congestive heart failure one of the more
common causes of heart disease
in adults all over the industrialized
world is due to a deficiency of a single
vitamin we've known that for 300 years
it was
proposed by a japanese naval surgeon 300
years ago
cardiomyopathy heart disease i'm very
familiar with that it's a deficiency of
a single mineral
and you see this resulting in sudden
deaths in athletes or sudden deaths and
people who do hard physical work
i've actually done 1700 autopsies on
kids under the age of 10 that have died
of this one

in keyshawn province china its
deficiency of a single mineral has
nothing to do with cholesterol or
saturated fat
then there's coronary artery disease
that has nothing to do with saturated
fat or cholesterol
coronary artery disease and i said this
in 1971 after doing 20
000 autopsies on the big nih project
with the center for the
center of disease control and also for
the center of the biological systems
and it's one of those things where this
was a joint project between
washington university and st louis the
st louis zoo in the botanical garden
shaw's botanical gardens
and marlon perkins well ken barry
commoner those two guys put this
together
and brought me back from africa i was
doing research and
conservation work with the white rhino
and the african elephant
came back for two years after that
project and
began to do these autopsies seventeen
thousand some change

of over um let's see
454 species of animals and 3 000 humans
and the 1200 page book that came out of
that is in the smithsonian institute the
bottom line of this finding of this
10-year project
was that every animal and every human
being who dies of what we would call
natural causes dies of a nutritional
deficiency disease not pollution and
certainly not genetic so
it was kind of um surprised everybody
but that's what the study showed and
everybody
agreed with the research and so
coronary artery disease again is not
caused by cholesterol recessive fat it's
actually caused by inflammation which
was said in that book
which is in the smithsonian institute
and
it's caused by inflammation caused by
eating inflammatory foods fried foods
processed meats oils
yes oils and gluten wheat broth around
oats
and then there's coronary thrombosis one
of my
nine um lawsuits against the fda and
federal court

and we want the ability to say that
coronary thrombosis
is not caused by cholesterol unsaturated
fat but is caused by actually a
deficiency of omega-3 essential fatty
acids
and are a ratio problem between omega-3s
sixes and nines
then you jump over to arthritis in the
lower left-hand corner and arthritis in
fact is
simply a multi-mineral and multivitamin
deficiency disease
rheumatoid arthritis has a secondary
infection with mycoplasma bug that's
easily killed in a couple of weeks
with an antibody called minocycline
member of the tetracycline family
then you go straight up from arthritis
in this word cloud to diabetes
and diabetes has nothing to do with
genetics it's not a genetically
transmitted disease type 2 diabetes
which makes up 90 of the diabetic
population
is in fact due to a simple deficiency of
a single mineral
we've known that for almost 80 years now
and of course this allows us to

prevent and support the body's ability
to heal itself when you have type 2
diabetes
it's one of those little miracles
because an example would be
if you have iron deficiency anemia
instead of wanting to just give you an
iron supplement to solve the problem
medical doctors want to do a bone marrow
transplant
that's why we have such complicated
procedures and treatments for
diabetes when it's really a very simple
mental deficiency disease
of course in the beginning of time when
human beings began to record things and
tell
stories into their families they get
messages passed down
they believe that diseases were caused
by evil spirits or things up in the
universe that they had no control over
and they knew there was infectious
disease they didn't know the word
infection but they knew they were
transmitted
and they're very dangerous diseases they
put writings on cave walls these cave
walls in the cave art
they had pictures of shamans treating

people with infections and wounds
and of course astrology is where they
believed this and we're talking about
physicians now
as well as the patients believed that
people would get sick because they
angered gods up in planets
and if they would sacrifice either
animals or
even their neighbors to these gods they
would be appeased and would look kindly
upon them and let them survive through
epidemics and plagues
or maybe prevent them from getting
disease or allow them to have healthy
children
and in more recent times maybe in the
last 500 years
medical doctors got rid of their
competition by going to churches and
telling them that the grandma
ruthie was healing people with her herbs
it was really god's job to heal people
and not
this witch and the church would send out
inquisition committees to
torture these poor grandmothers into
confessing that they were a witch and
then they would burn them at the stake

and so
the churches were involved in helping
eliminate the competition for doctors
doctors originally believed in the last
thousand years
that diseases were caused by an
imbalance of different fluids in the
body the humor as they called them
imbalance of the humerus and there was
blood
and phlegm and urine and yellow bile and
black bowel and the way that they would
balance them back
was to use bloodletting they put leeches
on you suck blood out or they would just
cut
veins on the surface and allow a certain
amount of blood to drain out
and of course physicians killed our
first president george washington by
bloodletting him when he had a
respiratory infection
the first guy to really look at
nutritional deficiencies in western
world
was a guy by the name of schuesler and
he was a hospitalist in in german
hospitals and
when indian patients would die after
months or longer

in hospitals he would cremate the bodies
and analyze the minerals
in their ashes and then he would
actually compare
and relate the different mineral levels
in these bodies in the ashes
with their symptoms and when people come
in with those same symptoms he would
give them those minerals
and he'd be able to cure many many
people and these became known these
metals became
known as shustler's cell cells we're
talking about magnesium and phosphorus
sodium sulfur silica calcium
phosphorus i said iron and
potassium all of these things were given
and people would get cured
so schuster was one of the first ones to
point to mineral deficiencies as
possible causes of certain diseases
the fda moved from the seven food group
pyramid to the
plate now their mantra has been to the
general public
just eat well you get everything you
need eat plenty of
dark fruits and vegetables to get
antioxidants and also eat the four food

groups you're gonna get everything you
need don't supplement you could overdose
and this has been a terrible terrible
terrible event in humanity's
development because as you would see in
a moment you cannot get everything you
need just by eating
foods of different colors and eating
well pharmaceuticals got started
with patent medicines of course we're
talking about
professor smith's or dr frank's
liver tonic which is usually whiskey
that they hit home brewed and one of the
first ones
here in america was a fellow a german
fellow by the name of a bear
actually saw people relieving their pain
and their suffering
by chewing on white willow bark and he
made an alcohol extract of it
a tincture if you will and dried out the
and got a powder made a pill out of it
and called it bear aspen was able to
relieve pain that was one of the first
over-the-counter
truly what we would call an
over-the-counter drug today
coca-cola was also one of the first
pharmaceuticals it was actually cocaine

to be with again with it was a cocaine
and liquid form
coca cola and when it became necessary
to pull a cocaine out of it because it
became a prescription item
what we have here is they would put
caffeine from coffee
into the coca-cola and they carbonated
it
and made it something that everybody
could drink in the
little little drug stores before there
was um
prozac for depression
medical doctors write prescriptions for
cigarettes for depression
and when it became known that smoking
tobacco or chewing tobacco
increased the risk of lung cancer
and mouth cancer oral cancer and so
forth
everybody sued the tobacco companies and
the medical doctors got to walk
they were writing prescriptions for 30
40 years
for tobacco they were the ones who were
intimately involved in causing lung
cancer but nobody ever sued a doctor for
that because everybody went to the deep

pockets
of the pharmaceutical companies which
were at that time
the tobacco companies hospitals
overcharge
people by as much as a thousand percent
in modern times
eighty-five percent of all personal
bankruptcies are due to medical bills
eighty-five percent of all personal
bankruptcies are due to medical bills
it's a very very scary prospect when you
think about it
and most of the debt in america and
other industrialized nations comes from
medical bills people think they're
getting
free medical care but they're paying six
dollars a gallon gasoline
in taxes to pay for the free medical
care so it's not really free
but it buys a lot of votes to say you're
going to give free medical care to
people if you vote for me right
and the reason why this goes on is most
people don't go through
their statements that come in from the
insurance companies and when the
statements come they just look it's an
insurance statement they throw in the

draw without opening it

and so nobody noticed that um hospitals

are charging insurance companies 500

for a single rubber glove and so on and

they continue to get away with it

the number of americans using five or

more drugs nearly doubles okay

59 of american adults are on

prescription drugs 59

this is very very scary this is legal

drug dealing is what it amounts to and

of course most prescription drugs with

the exception of antibiotics do not cure

anything

the exception of antibiotics which do

cure infections uh

things like bacterial meningitis

bacterial pneumonia abscesses

bacterial intestinal infections and so

forth um

but other than antibiotics there's not a

single drug that cures anything they all

treat symptoms they all relieve symptoms

some do a very good job

some have terrible side effects

including death death rates rising from

millage white americans

okay this just came out now you see

november 2015

the death rates were rising for
middle-aged white americans while
declining for other wealthy countries
and among other races and ethnic groups
the rise appears to be driven by suicide
drugs and alcohol abuse but but
when you look at these people who are
committing suicide and who are abusing
alcohol and drugs these are ones who
have
6 8 10 12 15 terrible diseases
degenerative diseases chronic diseases
making their lives miserable and none of
the drugs are taking or helping them
they're driven to look for something
that's going to give them relief here's
one guy who kind of
overdid it and he started billing for
one patient five million dollars a month
for
drug therapy for cancer they didn't have
well he got
his hand caught in the cookie jar put in
jail for 175 years
in fact many many many more doctors
should be put on trial for the same
problems when doctors don't know what
you have when they don't know what you
have as far as a disease
they say you have an autoimmune disease

your body is attacking itself that way
it takes the responsibility away from
them
gosh instead of saying i really don't
know i have to do a little bit of
research to find out in the meantime i'm
going to give you this drug to give you
some relief
they never do they say oh you have an
autoimmune disease your body's attacking
itself not much i can do for you
or you have a genetic disease your you
just have bad genes there's not much i
can do for you
okay it's not my fault well let's have a
look cat scans
are linked to cancer because they have
as much as 500 chest rays worth of
radiation for one cat scan
even the government says use them limit
you know in a limited basis and
in fact most of the time you shouldn't
even use a can scan harvard medical
school said that 20 years ago don't use
cat scans
okay because of the radiation dangers
they're linked to breast cancer
and other forms of death the mammogram
is not a prevention repeat that

mammograms are not prevention they also
have
as much as 500 chest x-rays worth of
radiation one mammogram
why would you do that well i've been
going to the same ob gyn for 25 years i
really respect him and he said i really
should get a mammogram so i did
women should get three and four
different
um opinions before they make choices
like this and there's other options
a high resolution ultrasound would give
you the same information without the
radiation of course
an ultrasound the doctor might only make
50 bucks or in a
a mammogram he might make 1200. now this
story in the japanese newspapers
kind of gives you the the idea of what's
happening here with medical care and all
industrialized nations
if you notice um medical care expenses
in japan have
increased from two trillion yen in 1970
as two children trend a year
in 1970 to 37 trillion yen a year in
2009
and in 2014 it was actually 40 trillion
yen for one year 2014. well you want to

note that japanese tax revenues in 2013
totaled from all tax revenues the
country was 42.3 trillion
so the doctors were paid 40 trillion of
that only 2.3 trillion was left over to
do the business of the government now
you see why governments are going
bankrupt
all governments in the industrialized
world are going bankrupt because of the
cost of inefficient
dangerous and ineffective medical care
genetics is another failed theory of the
20th and 21st century there's not a
single disease that's transmitted
genetically there's not a single
disease that is transmitted genetically
as birth defects all birth defects are
caused by nutritional deficiency of the
embryo the concept
of adults passing on information whether
you're an oak tree or a fish or a human
being or a hummingbird or crocodile
goes back to the days of charles darwin
people had noticed these things but
charles darwin was the first one to
write it down
and his cousin francis galton
really enjoyed what darwin was saying in

his book on the origin of species and
began
a little sort of pseudoscience called
eugenics
and this started the entire world in a
race
for gathering up territory because
everybody wanted to be the master race
remember this
sort of stuff went on in the 1800s but
hitler picked it up
in the 1930s before the second world war
and took eugenics
to a horrible horrible level uh in which
oh i don't know
the nazis killed over 40 million people
who they thought weren't worthy of
living
kind of like um selection
in farm animals if you have one that
doesn't meet your criteria
for production or standards of looks you
eat them
okay and so he was killing people who
didn't meet his standards of
the perfect generation gregor mendel
priest was the first one to talk about
things like recessive and dominance
he understood that in hybrids he was he
was a priest and

he found out all this information by
studying pea plants and how they
uh worked when you began to hybridize
different types of pea plants very very
smart guy
eighteen hundreds blue pasture invented
the germ theory and he was a
wine chemist and he invented
pasteurization he would heat wine
to prevent it from going to vinegar and
he knew that fermentation then was a
biological process
and he also knew
once he looked through the first
microscope which was invented by a
dutch eyeglasses maker von luinhock he
could see
yeast actually growing in fermenting
wine and beer and so he knew his
biological process he heated it and
stopped the process so it didn't go to
vinegar
doctors still at the time believed that
the
fermentation process was a chemical
process and as a result when you heated
it it actually
went faster sometimes explosively 1961
i was able to find as a graduate student

i had graduated ag school i'm halfway
through veterinary school
and taking graduate courses in pathology
found the first
mass die off in america from pollution
uh did the research
found out how it happened exactly uh
tracked all the chemistries
got it published it was my first
publication i gave a copy to marlon
perkins and this
is how he was interested and me doing
the autopsies in his project for the
center for the biology of natural
systems
again the founding members were the
university or washington university of
st
louis st louis zoulogical garden st
louis zoo and
shaw's botanical gardens barry commoner
okay
really a very very smart fellow when it
came to biology and marlon perkins was
one of my mentors
and he remembered that paper i had given
him on the first mastodon from pollution
and so i was in africa working in the
white rhino conservation project in the
african elevation

and he sent me a letter invited me back
to
work on this project with the center for
the biology of natural system be the
pathologist on the project
because i had given him this paper on
pollution and they believed that
pollution was a
basic root cause of um of
diseases of natural causes and they
wanted me to do autopsies and zoo
animals that lived in big zoos
in the big cities united states and they
wanted to use the zoo animals in these
big zoos united states as the canary in
the mine like the old welsh coal miners
would take um canaries down in the mine
if gases would leak into the mine
the canaries were more sensitive than
men and they would drop off the perch
and die long before the men were in
danger and they could get out safely
and they felt that with big zoos having
400 500 600 species of animals
that they could get information before
we actually got hurt
and they actually froze bodies and sent
them to me from zoos
all over north america canada united

states and mexico for this project this
is the book that came
out of it this book a disease of exotic
animals 1200 pages
covers 20 000 autopsies 10 million
chemistries
and is in the smithsonian institute as a
national treasure i'm very very proud of
that work
all birth defects are caused by
nutritional deficiencies
during the development of the embryo the
amber has gone down essentially an
assembly line if anything's missing
that's required for the
production of cells or tissues or organs
there's something missing at that
appropriate time during the first
trimester of pregnancy
guess what you're going to get a defect
because something's going to be missing
by the time
1910 1920 came along we knew the
chemical analyses we knew the
biochemistry of
genes and dna and rna but nobody really
knew the physical structure and so it
was kind of delaying
genetic engineering because nobody knew
the physical structure well in 1953

these two young fellows here
james watson from the united states and
francis crick from england proposed a
double helix
and it took nine years it went all the
way until 1962 before the
general science community agreed with
him and they got the nobel prize for it
that time james watson was named the
director of the cold springs
genetic research laboratory for the
federal government in new york and
manhattan island
and between 2003 and 2011 the human
genome
was mapped out we knew every gene is
found in the human body
and 850 biotech companies were formed
and spent trillions and trillions and
trillions of dollars looking for
screening tests that would alert us
early on that a child say two years old
when they've when they're 48 is going to
get parkinson's disease or when they're
52 are going to get breast cancer
prostate cancer colon cancer
and they could genetically engineer the
proper healthy genes replace the bad
genes and

thus eliminate the appearance of the
disease later on that was a whole idea
of genetic engineering
when born errors and metabolism were
thought to be genetic
because people were born with these
diseases and doctors
erroneously falsely believed
that they were due to genes and genetics
one of the more common ones
is sickle cell anemia primarily found in
the black community
as sickle cell anemia and i was finding
sickle cell anemia
in deer and in antelopes and in
hummingbirds and how could a human
genetic disease wind up in
in these animals and so that was my
question and it turns out that this is
not a genetically transmitted disease
it's called an inborn ear metabolism
during early pregnancy the third to the
seventh week of pregnancy
mother's missing a mineral and what
happens is
the system that manufactures good
hemoglobin is
not correct because things were missing
when it was farming
and so you get a dysfunctional

hemoglobin and under
not so optimal circumstances it will
sickle and they'll have a crisis and
certainly can die from it
now this is in the black community the
white community the same disease is
called thalassemia
and they call it thalassemia because you
can't have a black gene and a white guy
or a white gene a black guy so they call
the same disease in two different groups
two different names i always thought
that was kind of interesting and began
to fill in the blanks for me
as a researcher doing all these
autopsies
same thing with lactose intolerance the
lactase enzyme which is formed in the
pancreas and
and the upper small intestine the
mechanisms for forming that enzymes
are dysfunctional because mama was
missing a mineral when that was farming
and so the equipment doesn't work after
the baby's born but you can supplement a
a lactase enzyme capsule before you go
to an ice cream party you won't be
uncomfortable and embarrass yourself and
and so forth totally preventable same

way with type 1 diabetes is not genetic

type 1 diabetes is an inborn error

metabolism you're supposed to have

something like

500 000 beta cells in an island of

langerhan in which your body makes

insulin

but when kids are born with a type 1

diabetes they might only have

say 50 or 100 of these beta cells and

they have just enough insulin

to squeak by when um uh they're

three six eight ten twelve years old but

they're going through puberty you know

ten to twelve

uh they're starting to do more physical

activities and it's not enough insulin

and so they show up as a type one

diabetic at that point

totally preventable and certainly at

this point

not reversible lipid storage disease

there's enzymes missing

what happens is as a person grows older

they get mental diseases

because they're missing the enzymes that

are required to move

fats into cells and out of cells so what

do we have left here

well mugenics of course was

francis galton's way of looking at it
but it's really epigenetics epigenetics
is as a science it takes a place of
genetics and notice the subtitle in the
book epigenetics is
the death of the genetic theory disease
transmission that's based on facts as
you'll see here in a moment
and black gene lies pastor creflo dollar
from atlanta georgia
and the world changers church because i
had helped his daughter get rid of
a lifelong terrible terrible form of
asthma and he was told it was genetic in
the black community
he was told that his daughter was not
doing very well and she was not going to
make it she wasn't responding to
various medications that normally would
help other kids
with asthma and so when when it was said
that she wasn't responding to medication
i knew immediately that she wasn't
absorbing the medications why she wasn't
responding so we put on a gluten-free
dot to increase her
efficiency of absorption got around the
90 cents of nutrients
and her asthma went away in two weeks

because we were giving her the raw
materials and she was able to absorb the
raw materials
for her body to make all the various
hormones that are necessary to dilate
the bronchi
okay we were able to support and promote
maintenance repairs of that system
well he actually funded the first
hundred thousand copies of this book
black gene lies he said
doc i want you to get information do the
research
and find all the diseases are said to be
genetic in the black community
diabetes heart disease cancer
alzheimer's disease and sickle cell
anemia
and find out what's going on here and
which diseases are genetic which ones
aren't
what we can do to prevent the ones that
aren't and how to cure the ones we can
and of course all this information is in
the book black gene lies
high blood pressure is not genetic even
in the black population
hybrid pressure is usually due to a
simple mineral deficiency
or maybe when you have kidney failure

the kidneys will

release a hormone called renin-r-e-n-i-n

to drive your blood pressure up to try

and get more

dirty blood into the filtering units but

it certainly is not a genetic thing

totally preventable and in most cases

reversible with the proper supplement

program

the death is genetic theory disease

transmission now

james watson the director of the cold

springs

genetic research laboratory in new york

and in manhattan island

did not coin that phrase i coined that

phrase

okay but he did say that

he did say that um

all the experiments they had done over

the last 60 years in genetics

had been irrelevant you could you could

actually i'm quoting him now

you could actually sequence the

genes in 150 000 people a day who had

diseases we believed were

genetically transmitted diseases uh

things like

cancer diabetes sickle cell anemia

and the reason why we weren't able to
deal with them was because they were
genetic
well he said all that was irrelevant
because none of those diseases are
genetic
they're either a chemical problem
chemistry problem biochemistry problem
aka nutritional deficiencies
and i then after he said that in public
i coined the term the death of the
genetic theory disease transmission
remember
there's thousands of failed medical
theories every century and the 20th
century and the 21st century are no
different
one of the failed theories in the 20th
century and 21st century is the genetics
cause disease is not true
you can see how a human embryo develops
and if anything's missing along the way
something's wrong with the liver they
get a cleft palate they get cerebral
palsy they get spina bifida
the down syndrome all nutritional
deficiencies as the embryo develops
totally preventable in many cases
such as sissy verboses and muscular
dystrophy even after the baby is born

the reversible with supplementation
because of a biochemical problem not a
mechanical physical problem one of the
places that doctors do good work is
saving premiums a hundred years ago baby
born a pound and a half most of them
didn't make it
today maybe 85 90 will make it
but those two and three months in the
incubators of special care is not cheap
it costs 280
000 to 500 000 per baby
whether they make it or not and guess
what
for six hundred dollars worth of
supplements
you can prevent preemies you can prevent
all birth defects in babies
down syndrome is actually caused by
deficiency of a single mineral we've
learned this in animals
and we've eliminated in animals and of
course one out of seven hundred babies
in america
are born with down syndrome i've been
able to
actually prevent and reverse down
syndrome
in an embryo the most famous one in two

and a half months of pregnancy
was lauren knievel evil knievel's niece
in law and she called me and she had an
amniocentesis and she had
an ultrasound both of which said she had
a very severely afflicted down syndrome
baby everybody wanted to have an
abortion she didn't want to do that
she contacted me and asked if i could
help her we gave her the 90 essential
nutrients 60 minerals 16 vitamins 12
essential amino acids three fatty acids
gave her a little bit extra the mineral
that's missing when you have down
syndrome and guess what
after nine month full term pregnancy her
baby is born perfectly normal
i've done this many times since but
obviously that's the most famous
family i've been dealing with trisomy 21
or down syndrome
cerebral palsy is a good example of a
gradient disease depending on
how severe the deficiencies are during
the development of the cerebellum
the part of the brain that actually
functions to control and stimulate
proper function of fine muscles small
muscles
and um if you're if you're born with a

cerebellum
that's the size of a tangerine all the
pieces are there you're going to be born
normal
but let's say you're born with a 10
percent underdevelopment you're going to
walk like charlie chaplin but that might
be
a manageable and controllable with
braces and physical therapy
let's say you're 25 underdeveloped of
your of your
cerebellum you're going to be flopping
around with your arms and legs
what's going to happen here is um you
will look like a classic
cerebral palsy's patient if you're 50
underdeveloped
you're going to be with a wheelchair for
the rest of your life because there's
not enough
size and function of the cerebellum to
actually do the mechanical things you
need for muscle function
this girl here has as much as a 90 under
development the only thing that she
could voluntarily move herself or her
eyes
you notice the clamps holding her head

up you notice the shoulder clamps and
harnesses holding her
chest back in the chair you can see
where her legs are shackled into the
chair because she
had such terrible cerebral palsy that
she is flopping all over like a fish out
of water
and she had to be restrained in this way
this child cost five million dollars a
year
to care for requires enormous amount of
care now the interesting thing about
this child
uh when she goes to puberty and cycles
and gets
married and has kids she can have
perfectly normal kids even if her
spouse even if her husband has yes
cerebral palsy because it's not a
genetic disease they can have normal
babies
if they're getting if they're getting
all the 90 cents of nutrients prior to
conception
of course the cerebellum um the
part of the brain that looks like a
pomegranate has been cut through in the
back side of the brain stem
there in this picture this is the part

of the brain that's afflicted when you
have cerebral palsy the smaller it is
more severe the cerebral palsy there's
another one of my lawsuits against the
fda in federal court and basically
what what you see here is two little
kids
new barns with spina bifida
and of course spina bifida oftentimes
occurs in the lumbar area
but can't occur anywhere up and down the
spine the one on the right also has
a zinc deficiency it has club feet
spina bifida is due to a folic acid
deficiency and i'm one of the three guys
who got together
and actually sued the fda and that's why
we have folic acid and prenatal vitamins
to prevent spina bifida
sami's twins are co-joined at the pelvis
these things are all caused by
nutritional deficiencies during
pregnancy
there's a really incomplete siamese
triplets you see three sets of legs
there
the complete child also has a club right
foot
meaning a zinc deficiency the incomplete

other part of the triplets here
are just from the hips down so you see
three sets of legs
but the only complete child is the one
bigger one you see and all this is
certainly
preventable by proper supplementation
prior to
conception all 90 essential nutrients
congenital
deafness is caused by deficiency of a
single mineral it's not genetic in any
way shape or form
and doctors continue to farm agencies
and programs to beg for money to find
out the genes so kids won't be born deaf
if the mother takes the the prenatal
vitamins
preconception vitamins and minerals
prior to conception
there won't be any more children born
deaf because it's a simple mineral
deficiency a single mineral deficiency
same way with a cleft pelicliffe lip
totally caused by
a deficiency of a single mineral in the
early stages of pregnancy when the
when the flat disc of the embryo begins
to curl up
into a tube and the tube doesn't close

all at once it closes like a zipper so
you can have a defect anywhere along the
underside
of that embryo and of course this is the
last stages of closing the embryo and
the zipper is the
mouth and the palate the middle and the
left-hand picture are babies that have
been egregiously impacted by thalidomide
a drug that was given to women for
morning sickness early in pregnancy
and it interfered with zinc metabolism
in the embryos
and cause the loss and prevention of the
production of limbs arms and legs a
terrible terrible thing
there's a similar thing goes on in a
village in russia
where about an average of 300 kids are
born there every year there's one
village
half of them have the same defect on
both sides of their body
25 have the defect in the right side 25
percent have the defect on their left
side
they don't have thalidomide but they do
have a deficiency of that same mineral
and you can see where the these kids

were gathered together by the
photographer to show they all had
missing
left forearms cute little kids but
they're all missing left forearms
uh totally totally preventable while the
doctors are telling him it's a genetic
disease in that community
you've all heard of the greek mythology
of the
cyclops evil giant
and here's a cycloptic kitten there's a
cycloptic
lamb here's a cycloptic shark what this
tells you is when you have
three different species here having the
same problem the same deficiency
will cause cycloptic anatomy in all
vertebrates any vertebrate that has a
deficiency of this nutrient at that
particular moment of the development of
the embryo will wind up cycloptic
including humans
and so this is why we had that
greek mythology there were babies born
in those days with cycloptic eyes
as there is today there's a human baby
with cyclops
uh you can see that there's no nose
between the eyes and the upper lip the

nose is above the
eye and of course this is a very very
terrible
birth defect and most of the time when
they do a ultrasound and they see this
defect the parents choose to
do an abortion many of miscarriages
are because these are have low viability
these babies with a cycloptic defect
and they will be miscarried and so i
don't know what the percentages was very
high of
miscarried babies or psychopathic babies
we look at animals
where we have control not wild animals
we don't know the rate in wild animals
but in domestic animals we have farm
animals and pet animals as one in
sixteen thousand
have um cycloptic anatomy in humans when
you take in the miscarriages
is one of 250. why is that that's
because we supplement animals
to rent birth defects and human beings
are just told to eat well
most women will miss two periods before
they start taking prenatal vitamins by
that time
the embryo is impacted this single

mother had one child born with 38 birth
defects
one child with 38 birth defects we're
talking about spina bifida heart defects
club limbs cerebral palsy
and she gets help financially from 38
different agencies that raises money to
do research on these things
somebody needs to go to jail here and i
would vote for the ob gyn that managed
that pregnancy
in 1977 i discovered the first non-human
case of cystic fibrosis and a monkey at
the urchins primate center
in atlanta georgia and this was emory
university
drainage memorial hospital all the
experts on the letterhead agreed
that the tissues were in fact cystic
fibrosis that i told it was from a
non-human a monkey and they were all
excited said well
we can have a laboratory animal now we
can study sicily relatives well having
already done by this time
all this research um with the center for
biology of natural systems marlon
perkins washington university
the st louis zoo charlotte's botanical
gardens written 75 scientific papers i

knew what to look for
and began to look for what might cause
this birth defect and everybody said it
was genetic well i found it was due to a
deficiency of a single mineral
deficiency of a single mineral was able
to go back into the colony where this
baby monkey was being raised for nasa
for space projects
there were 24 unrelated
monkeys baby monkeys the same age that
still were alive but they had the
disease got permission to do biopsies
with their pancreases and livers and
lungs and sure enough
they all had cysts herbalists they were
not related genetically in any way shape
or form
gave them the mineral that was missing
and cured them all wrote it up
asked for permission to get it published
and i was fired from emory university in
europe's prime minister i said well
you must be sniffing glue everybody
knows that cystic fibrosis
is genetically transmitted well why
don't you call together a committee like
you would for
um challenging a thesis for a phd

student

get geneticists get experts in orbital

says get pediatricians

and let them challenge my evidence let

me bring my evidence and respond to them

if i can satisfy them

they're all agreed then we can move

forward and get grants and safe kids but

if we can't then go ahead and fire me

they said no

we'd be embarrassed to tears to call

together such a committee because

everybody knows is genetically

transmitted

and this is the press release from emory

university in march of 1978

um when they knew that we had a

non-human case of cystic fibrosis they

were very excited about it

and they want to get credit for it so

they sent out this positive news release

and then they fired me in another month

when i told them it wasn't genetic

okay well this is from june of 2005 june

of 2005 the international laboratory

animal research journal

you notice it says serendipitous

insights involving non-human

primates this was the entire journal

this issue

was dealing with primate research in
human diseases
because at this time the federal
government had actually
defunded primary research is too
expensive a thousand dollars a day for
primates use mice it's only 10 cents a
day
if you have to use primates go to the
gates foundation get money from them the
government's not going to pay for it
and so they took the top 10
serendipitous findings the top
10 accidental findings in primary
research that benefited humanity so well
said look even just by accident we found
these things
and number two out of the top 10 for the
20th century was the discovery of the
first non-human case of cystic fibrosis
my work
and there was like three paragraphs in
the in that piece on the cystic fibrosis
and the last sentence the last portion
of that sentence they had brackets and
said
in emory universe he refused to release
the name of the young pathologists who
made the discovery

close brackets because they were so
embarrassed that they had fired me
and now they were using my work to try
and save their research programs
one of the reasons why they didn't want
it to be a simple nutritional deficiency
disease
because the early cost just for the
respiratory piece just for the
respiratory piece
of scissor process there's a digestive
piece also
and liver piece also but for just the
respiratory piece
the cost for one patient is 200 and
almost 260 000
a year so why they want to give up that
kind of income just by
telling the truth this is why the
medical system tends to fail us is
because
they work for the money as opposed to
the truth these are some of the kids
that
i deal with with sissy rebels a little
sidney myers from fort wayne indiana she
was supposed to have a
double lung transplant two and a half
years of age her parents didn't have
insurance didn't have money

so they came to me and we put her on the
program
and here she is six and a half years
later winning a dance contest
and of course she's perfectly normal at
this time and she'll be able to have
normal babies and no problem
now an opportunity came along in 1989
for me to go to keyshawn
providence china i went to kishan
promised china to do autopsies on kids
that died of kishan's disease
which is a deficiency of a single
mineral now the same mineral
is the same deficiency that causes
cystic fibrosis
now that's not unusual people say well
you must be infatuated that mineral no
calcium deficiency can result in 147
different diseases
zinc deficiency is a big big cause of
many different birth defects
and so this mineral deficiency selenium
is no different there's
probably 25 different diseases caused by
sleem deficiency
well keyshawn disease as it's called is
named after the province in china where
it occurs so frequently

because there are little or no of this
mineral selenium in the soil there
plants that they grow corn and wheat
don't require selenium
and when these poor farm kids eat these
grains
they get plenty of calories maybe a
little protein but they don't get any of
this mineral
and thousands of them die every month
there's over 300 million people in that
one state there's over 300 million
people in those provinces so
when a couple of thousand kids every
month it's a serious problem obviously
but it's not like it's an epidemic going
through and killing millions and so
per month and so this is one of those
things where
they just sort of learn to live with it
they would supplement these kids with
selenium
and they saved many of them by doing
that so i went there and i said if i'm
correct
and cystic ribosis is caused by
congenital slim deficiency by deficiency
of selenium during pregnancy
and some of these kids in china and
keyshawn problems are going to have

scissors and i took that thought to a
people who were geneticists and people
who
were experts in in a sissy world so they
laughed at me again said well now we
know we got fired you're really dumb
because uh chinese kids don't get cystic
fibrosis is it really
i have autopsies oriental kids and black
kids that had
and i went to china did 1 700 autopsies
1 700 autopsies in this program
and i was hoping for one or three or
five or something like that uh kids with
cysts well it turns out that 35 percent
595
of them had cystic fibrosis out of the
1700.
there was unimpeachable evidence the
slides are still there in the
universities where the work was done
it can be tracked we can redo the study
again we'll have the same result i
guarantee that
sent copies of this published in english
publish in chinese
and peer review refereed scientific
journals and guess what
sent them to the city here brosius

foundation never had a response
they should have their non-profit status
taken away from them because every child
is born with cystic fibrosis or dies of
cystic fibrosis
is on their head somebody needs to go to
jail
okay well i got a three for when i did
those 1
700 autopsies because they also found
out the cause prevention cure for
muscular history worked on that for
years actually uh
worked with the amish communities which
have a very high rate of muscular
history
and guess what we're able to support and
promote maintenance repair reverse
master history even their own doctors
said it was reversed gave jerry lewis
um from the muscular history foundation
uh copies of
many of these uh kids reports and their
their records
showing even their doctors said they had
had their muscular dystrophy reversed
he took it to the monstrous foundation
and they fired jerry lewis for insisting
that they look at this seriously they
fired jerry lewis again i believe they

should have their their um
tax exempt status taken away from them
because every time a kid is born with
musculosphere or dies from it
it's on their heads somebody needs to go
to jail
cardiovascular disease we've already
talked about this briefly a congestive
heart failure deficiency of a single
vitamin cardiomyopathy heart disease
keyshawn disease is a deficiency of a
single mineral
coronary artery disease is caused by
inflammation eating fried foods
processed means oils microwave popcorn
all that kind of stuff
and then coronary thrombosis is caused
by an omega-3 essential fatty acid
deficiency
none of these cardiovascular diseases is
caused by
what cholesterol or saturated fat it was
a sales campaign to sell crisco
remember procter gamble gave the
american heart association brokered by
amsoil keys
1.7 million dollars to endorse crisco
and demonize
cholesterol records show now that the

heart age of most people in the
industrialized world
including america are older than their
chronological age and men is 7.8 years
older than women 5.6 years old that's
because
of the eating of trans fats and
heterocyclic amines which cause
particular
inflammation in the coronary arteries
and cause heart disease
and this just shows you a map what part
of the continental united states
and the islands of hawaii and alaska
have the highest rates
of heart ages that are far older than
their chronological age here's one of
the bad boys when it comes to
cardiovascular disease microwave popcorn
we're seeing more and more kids
uh we're talking about eight
ten-year-olds three-year-olds
two-year-olds dying of
heart disease coronary heart disease
because what
oh they're being babysat with
microwave popcorn you know parents can't
afford babysitters so they give a bag of
microwave popcorn let them watch tv or
put on a

giggly cartoon movie while they're doing
work in the kitchen
and uh these kids are dead by the time
they're in their teens and early
twenties
microwave popcorn contributes to fifty
thousand heart attacks a year
twenty thousand deaths front page story
in the usa today now the new crisco
of course again demonized by the
american heart association in exchange
for one point seven million dollars
procter gamble always trying to expand
their market and what they wanted to do
was have you deep fry your thanksgiving
turkey and crisco instead of roasting it
like we've done traditionally since the
days of the revolution
the new crisco made to help take the fat
worry out of good eating who put the fat
worry into it
the american heart association by
demonizing cholesterol
and saturated fat of course all this
story came from
two full pages of the new york times and
basically
we're talking about saturated fat does
not cause heart disease

okay and of course this goes back to dr
ansel keys again he was
through his force of will i mean this
guy was one of these bombastic guys he
could pound on the podium and yell and
scream
and people believed him because he was
so forceful and he drove
the use of crisco rather than milk and
cream
and butter and eggs and lard
now in addition to demonizing
cholesterol and saturated fat
they actually looked at making it sexier
to use crisco and so they looked at the
isle of crete and came up with a
mediterranean diet in fact the
mediterranean diet was a fraud it was a
sales campaign to sell crisco
there's no evidence to back up any of
the claims for the mediterranean diet
fried foods trans fats cause strokes
they contribute to the inflammation of
arteries
um that cause stroke if you're deficient
omega-3s and you're eating a lot of
fried foods you're going to get a stroke
if even if you're two years old even if
you're six months old
keyshawn providence in the red here

selenium depleted red area

now you've all heard of sids sudden

infant death syndrome

and of course another failed theory was

doctors said that ciz was caused by the

baby sleeping on their back

what a dumb theory that was they didn't

use the special stains to see

if the sids was caused by

heart disease in fact these kids that

died of sids when they're

two months old two weeks old was caused

by a deficiency of selenium it was

keyshawn's disease

i did the special stains because i'm a

pathologist that looks at those details

and so we actually sued the fda for many

years trying to get selenium into

prenatal formulas

and also into infant formals after the

baby's born

and we had a big fight and they didn't

like the idea that this might deal with

genetic diseases like scissor bros as

much fishy so when we talked about sids

they signed off on that one they signed

off on that one

let us put it in infant formulas in fact

is required slim is now required in

infant formulas
to deal with sids but through the back
door we're also going to eliminate
muscular dystrophy and cystic fibrosis
because it'll also deal with that so
we had to do a little surreptitious
things there and go through the back
door to get a three-fer
and these are the sort of kids that
would die from keyshawn disease from a
slim deficiency because they lived
entirely on wheat
and corn in a place that had little or
no selenium in the soil
dr fred kern professor of medicine at
the university of colorado
was training a bunch of newly graduated
medical doctors on how to examine
seniors and he found this chart of an 88
year old guy he said come on let's go
examine this guy
goes in the examining room he looks at
him he says is this you he points to the
church he says issue yeah
he says the chart here says you're 88
years old you don't look that old he
says yeah people say i look like i'm 50.
he says what do you attribute your
youthful looks to and you're 88 years
old

and he said i ate 25 eggs a day i've
been doing for 17 years i'm going to do
it for another 100 years well of course
this is not what dr kern was looking for
in front of these students and i i
didn't say it in the article but i
guarantee he sat down he's fanning
himself with his clipboard
so okay sir why are you eating 25 eggs a
day and the guy stands up throws his
chest out
throws his shoulders back and said
because it makes me more studly now
you think about that when you look at
testosterone estrogen progesterone
adrenal hormones are all steroid
hormones and they're 95
by weight cholesterol they're 95 percent
by weight cholesterol
you want a cholesterol-restricted diet
you're taking statin drugs to lower your
cholesterol
there's nobody home anymore you get
erectile dysfunction low t
women go into menopause when they're 35
years old and start getting
hot flashes and night sweats and they
stop cycling when they're 35 40 years
old

they're not making enough hormones you
get adrenal exhaustion
but even more importantly than all that
we had a new disease a new big boy
disease called alzheimer's disease 45
years ago alzheimer's disease didn't
exist even by another name
today is the number four killer of
adults over the age of 65 it's driven
it's a physician cause disease
75 of the human brain weight is the
white matter of the brain the myelin
it's called myelin it's the insulation
material of the brain and this myelin
that makes up 75
of your brain weight is 100 cholesterol
so you want a cholesterol restricted
diet
no more cholesterol in your blood or
very little because you're getting it
down to like 100
with statin drugs you're going to get
alzheimer's disease so in alzheimer's
alzheimer's disease is a a preventable
disease it's a reversible disease
and this is the entire story of
saturated fat and cholesterol
and time magazine don't you look at
ansel keys
on the left part of your screen and

amsel keys here

i mean he even looks like a nazi he was

actually put on the cover time magazine

is the hero who saved the american

cardiovascular

um system by identifying cholesterol and

saturated fat as the evil ones

he was the one that demonized them

cholesterol in the front page of time

magazine

and this is the sort of way this is the

method they use to demonize cholesterol

on your right-hand part of your screen

time magazine eat butter

big scoop of butter on the cover and

this is a

article obviously a cover story five

pages talks about

the story with ansel keys and how he

got ponder and gamble to endorse a

diesel engine submarine lubricant

for cooking as opposed to butter cream

lard and eggs in this one

on the right hand side time magazine eat

butter this is from june 23 2014

said scientists label fat saturated fat

the enemy and why they were wrong

you need to read that one and you'll

realize how badly you've been defrauded

by the medical
system in the pharmaceutical industry
the individuals on earth the culture on
earth that has the fewest cardiovascular
events or the inuit eskimos above the
arctic circle no less than a dozen times
a year
there's articles printed in scientific
journals on these peoples and
they're kind of unique they just don't
get cardiovascular disease and yet
90 of their traditional diet above the
arctic circle is red meat and fat eat
nothing but whale meat and whale blubber
walrus meat and water swellers seal meat
and seal blubber bare meat and bear fat
they don't eat vegetables or fruit
they don't eat nuts and grain their
cholesterols run 350 to 500.
they don't get cardiovascular disease
until they come down into the lower 48
and eat like us
salt is not bad salt has two essential
nutrients and it's sodium and chloride
required for all kinds of chemical
reactions inside cells
can't live without sodium chloride and
of course
chlorine is also required to make
stomach acid to keep your stomach

sterile

to help pepsin the enzyme digest

proteins amino acids and help

the castle's intrinsic factor to absorb

b12 also to absorb most minerals

you're going to require stomach acid

you're going to get reflux if you don't

have enough stomach acid to keep your

stomach sterile because yeast and

bacteria will grow in there

and so you need stomach acid to keep

your stomach sterile anybody who tells

you to restrict your salt

because of hybrid pressure should be put

in jail somebody needs to go to jail

here

1982 salt a new villain 2014 salt

doesn't cause high blood pressure

this shows you death rates okay from

heart disease and then of course in

february of 2012

the fda sent an urgent stop email to all

licensed medical doctors in america

it says stop writing prescription for

statin drugs lipitor zocor mebacore

levostatin these kinds of things

and they listed them on that email stop

writing prescriptions for these drugs

stop telling your patients to get on

cholesterol-restricted diets
because if you continue to do this
you're going to increase the risk
of type 2 diabetes by 52 percent and
alzheimer's disease by 100
four months later science news june of
2012
good cholesterol not so beneficial wait
a minute your doctor says it's
everything
of course they say it's not beneficial
and then they went on to say that higher
hdl high density lipoprotein the good
cholesterol high good cholesterol levels
don't reduce the rate of heart disease
or heart attacks
why is that because no heart disease is
caused by cholesterol or saturated fat
remember congestive heart failure is
caused by deficiencies of single
vitamins cardiomyopathy heart disease
caused by the deficiencies of single
mineral
coronary heart disease is caused by
inflammation and thrombotic heart
disease
cardiac thrombosis blood clot in the
coronary artery or brain artery
is caused not by cholesterol and
saturated fat but an omega-3 essential

fatty acid deficiency
margin is the worst type of fat for the
heart and this includes the margin
that's in between the chocolate cookies
and oreo cookies and here's the front
cover story fda
to trim trans fats out of food and i
thought they were too lenient on the
people who had trans fats in their foods
they manufactured they gave them three
months to do it that's 90 days
uh when you have so many thousands of
people dying from this or young kids
dying from this
somebody needs to go to jail let's look
at athletes real quickly
exercise is thought to be a very very
good thing it can be
done properly but let's look at
professional athletes look at amateur
athletes
and let's look at their average lifespan
let's look at how long they live jim fix
the darling in the medical world because
he said you don't have to supplement
all you have to do is run and you'll
keep your arteries clean
he died at 52 while he's running his
protege his top student brian maxwell

from canada
died at age 51 while running he had 12
gold medals
in long distance running three of which
were in the olympics
an exercise is supposed to be good for
you and of course the darling of the
medical system for exercise was jim fix
he was a long distance runner he was a
professor of economics in one of the
ivy league schools and he was the
darling of the medical world because
when he was interviewed on tv and asked
if he took any vitamins minerals he says
no you don't need to do that don't take
any vitamins minerals
just run you'll keep your arteries clean
well he dropped dead while he was
running
a marathon at age 52 and so his theory
didn't work it was a failed theory
his protege brian maxwell from canada
died at 51 while he was running he had
12 gold medals for long distance running
three were in the olympics
and he invented the power bar and he
sold the rights to the power board to
nestle's
corporation and uh three months after he
received his three million dollars he

drops dead during a run
cardiomyopathy heart disease a
deficiency of a single mineral just like
jim fix
now because of this the journal american
medical association did a literature
review
um and which was published in december
of 1982.
in september of 1982 jim fix died
and they did this literature search
because he was their hero and they they
were just really freaking out because
here we are our hero dies of a heart
attack while he's running
and um they published it as a kind of
letter to the editor thing
in the general american medical
association in 1982
also they published it later on as an
abstract in running world
or runner's world magazine they said
while running
a man's risk of heart attack death
increases by 700
while running increased by a factor of
700 percent
now that shocked everybody because they
thought exercise is good well when you

take all professional athletes of all
sports
combined and you look at them from an
average lifespan their average lifespan
is 62. when you take out professional
football players their average lifespan
is 51.
there's never been a professional
athlete ever lived to be a hundred
so what does that say to you about
exercise there's something problematic
about exercise
it's not what it was led to you to
believe it was
so what's going on here is when you
sweat you're not sweating out water
sweat is not water
but yet athletes will go to great
extents to rehydrate using water
or they'll drink these sports drinks
that have two nutrients and or six
nutrients
and as a result they begin to break down
they'll get torn cartilage in their
knees they'll get cor
torn cartilage in their hips they'll get
torn muscles torn tendons or achilles
tendon
they'll get cramps we get all kinds of
stuff and they have to get taken off the

field on the stretcher and so on and

then some of them die

okay because they're sweating out all

the nutrients floating around their

blood

if they're not supplementing they may

only have 55 or 60 nutrients which are

sweating out if they're supplementing

they may have 90

but if you're not supplementing and

you're exercising you're in real trouble

okay reggie lewis

captain of the boston celtics collapsed

during a playoff game with charlotte

harness

he survived that first cardiomyopathy

heart attack and he was given a drug

to kind of support his heart function

and he was told to do light exercise

like throwing free show

like throwing free throws from the free

throw line on a court

and two weeks later after his initial

attack he died of a second

cardiomyopathy heart attack

if reggie lewis had been given 10 cents

worth of selenium he'd still be alive

today

because he died of a simple selenium

deficiency disease moses malone nba hall
of famer dies at 60 of a cardiomyopathy
heart attack
rowdy roddy piper dies at 61 from a
cardiomyopathy heart attack
this fellow here a cardiologist and a
soccer star in brazil
drops it at age 57 from a cardiomyopathy
heart attack
so why is it the strategies exercise is
unhealthy is because you must supplement
to replace all the nutrients you're
sweating out very that's simple
obesity as we pointed out in the
beginning
is not due to eating too much lack of
exercise obesity
is in fact a simple nutritional
deficiency and there's no end in sight
for the obesity epidemic because those
nutrients are disappearing from our food
faster and faster these symptoms you get
from that deficiencies are cravings
binge eating and the munchies
experts tell us that 70 percent of our
kids under the age of 12
are overweight 40 of our kids under the
age of 12 are obese
30 pounds or more of their ideal weight
for their height this has nothing to do

with eating too much or lack of exercise
this is caused by nutritional deficiency
totally preventable totally reversible
quite quickly to half a pound to two
pounds a day
this is a kind of a false story
this is a false flag attack so to speak
i guarantee this little baby who's under
two years of age is not
eating super-sized bags of french fries
not going to happen
but he is obese and if he was eating
these french fries and continue to eat
them from then on the odds are he would
die of a coronary artery disease
at age 10 or 12 years of age because of
the trans fats heterocyclic means the
acrylamides
in the french fries he's obese because
he's deficient in nutrients
now this is everywhere usa in 1920. this
is when they began the theory
that lack of exercise and eating too
much was the cause of obesity
of course these girls are getting a lot
of giggles here but this has nothing to
do with their
cause of obesity or their repair for
themselves or getting rid of their

obesity

they're going to have fun they're going

to waste some time but they're not going

to solve their problems here it's a

nutritional deficiency problem

here's a mother in brazil who ate 20

bath sponges with soap suds

and skin dandruff in it as well as

the the parrot droppings as well as the

sand in the bottom of the parrot cage

because she has such crazy cravings of

course pregnant women are legendary for

gaining baby fat

during pregnancy that's because they're

missing nutrients because the embryo is

stealing nutrients some of them faster

than they're getting them themselves

and this is ivan of course met him

about three years ago and ivan weighed

423 pounds when i met him he lost on our

program

with our supplementation and nutrients

lost 17 pounds in the first week he lost

60 pounds in the first 30 days as two

pounds a day

and he dropped down from 400 pounds 165

pounds in seven months and two years

later his picture's on the right

and he of course two years later is

still

looking good and hasn't gained back a
quarter of an ounce
and this is because this is a simple
nutritional deficiency you take the
nutrients it goes away you take the
nutrients you don't get fat
just as simple in horses the
the behavior called munchies is called
cribbing you see here
the horse is not even in that stall in
the barn is a hearthstone buggy amish
farm and
just south of fort wayne indiana and uh
the buggy's bringing the babies with
monstrous we were late and being a
physician and a veterinarian and i said
well there's a bar and can't go look at
the animals
and sure enough there's a cribbing
evidence there so i knew that that
horse in that barn was deficient
deficient in minerals
you give them minerals and it stops you
give people the right minerals
and the obesity goes away it's just very
simple osteoporosis and arthritis
simple mineral deficiencies simple
vitamin deficiencies
it's not a complex disease at all it's a

simple nutritional deficiency every
tissue in our body
every art in our body wants to go away
it's kind of like sand on a beach or
paint on your house
over time getting beat up from the
weather and the temperature changes and
so forth
what happens is is everything goes away
well if you're not taking in the raw
materials to maintain it like paint your
house every year
right that kind of thing um change your
oil
every 3000 miles you're going to have
problems and arthritis and
talking about the coming epidemic of
arthritis that's because we no longer
have
the right nutrients in our food anymore
we'll get into that in a moment now
colas are linked to bone breaks
fractures
because when you take in calcium for
your bones and oftentimes doctors will
do that you just give people
calcium you need all 90 essential
nutrients for bone health
but if you're going to take in calcium
along with the other nutrients

you have to have the right ratio between
calcium and phosphorus there's got to be
two calcium
for one phosphorus if everything's going
to work well if you drink coal is even
diet colas regardless of what brandy
cola it is
guess what you're going to have four
phosphorus for one calcium
and that scenario is going to leach all
the minerals out of your bones
and that's why you find a lot of young
athletes get fractures just running down
the field because they're drinking lots
of colas
calcium deficiency causes kidney stones
the first thing a medical doctor will
tell you is
stop eating dairy and for goodness sakes
don't supplement with any calcium when
in fact
calcium deficiency is the cause of
kidney stones what happens is your
parathyroid glands don't like that
they reach into your bones and they suck
out minerals particularly calcium
and that calcium that your parathyroid
gland is pulling out of your
bones raises your calcium level your

raises your calcium level and your blood
as well as causes
kidney stones failed medical theory
popular osteoporosis drugs are linked to
hip fractures why is that you know 1-800
bad drugs
why is that because they were phosphorus
vasa max too much phosphorus
not enough calcium and it causes
demineralization of your bones
another failed medical theory big
surprise another failed medical theory
is that osteoporosis is caused in women
when they go through menopause because
they don't have enough estrogen
to keep calcium their bones that's an
absolute
lie it's not true men actually get
osteoporosis at a faster rate than women
more seriously and faster you see all
these little old guys with canes
wobbling around in the in the um
malls and airports and shopping centers
and grocery stores and so forth
they have osteoporosis and of course um
this is a failed theory that women got
it and men didn't
because women went through menopause had
reduction and lost their hormones
that was a nonsense absolute criminal

theory and somebody should go to jail
for that one because they killed so many
men
who fell and had hip fractures when they
should have been on mineral supplements
to prevent that
this young fellow here the prince of
dubai sheikh rasheed died at 33 while he
was running you can see he's a very fit
young fella
a runner played soccer played rugby
and he was held up as the kind of
fitness guru and
dubai kind of leading the country in
their health
he was also the guy who's going to
become the king when the king died
and he drops it at age 33 while he was
running cardiomyopathy heart attack a
simple deficiency
of a single mineral and so hopefully
we're going to divide
and to teach the people there that they
have to supplement no matter how wealthy
you are
you still need to supplement to make
sure your tissues are receiving
everything they need
terrible tragedy terribly unnecessary

andy young from the civil rights
movement also he is the ambassador
united nations under jimmy carter he was
the mayor of atlanta for a couple of
terms
and he called me from san diego to come
to atlanta
in his home and speak to him because of
my work
in sickle cell anemia not being genetic
and we were talking about that and i
noticed he was limping i said with all
due respect mr ambassador why are you
limping he says well i got bone to bone
arthritis both my knees
and um i'm scheduled at emory university
the group that fired me for my cystic
fibrosis research
to have a double knee replacement i said
sir with all due respect
i can regrow your cartilage i can
support and promote maintenance repair
by supplementing with a program we call
the healthy bone and joint pack
he said well these are the best surgeons
orthopedic surgeons in the world and
they say can't they say well sir with
all due respect they're liars
okay we can in fact support and promote
mainstream repair and you will regrow

your cartilage
and he didn't want to have the surgery
so he canceled the surgery and let me
rebuild his knees in 90 days we rebuilt
his knees and we became very good
friends
and we do lots of great things around
the world together
one of the things he did was introduce
me to this young lady alicia jones
she was the center on the u.s women's
olympic team that had won two gold
medals
in the olympics the basketball team and
getting prepared for their third run at
the olympics
she tore her hamstring and achilles
tendon on the right hand side
and the surgeons were going to put her
together said delisha you know we can
put you together
mechanically but you might not play at
the same skill level because of these
injuries are very devastating
and you might consider coaching well she
didn't like that she went to andy young
and he referred her to me
again using the healthy bone and joint
pack we're able to

support and promote maintenance repair
of the muscles and the tendons and
ligaments
and cartilage regrew her and they went
back and won their third gold medal
and this is me giving her an award a
certificate for sharing her story with
other athletes
and i often wonder why do women who are
six foot five wear eight inch heels
okay knee surgery of arthritis is
worthless this was a study from harvard
medical school
published in new england journal
medicine this was july 2002
and this is where we like to refer
people
they looked at 300 000 sets of records
from people who had
knee replacement hip replacement
shoulder replacement surgeries
they found out the disease just kept
getting worse and worse and you had to
replace that device every couple of
years
because the bone would get thinner and
thinner and actually might tear and
rupture and break
and so they said ultimately knee
replacement surgeries

rise hip replacements and soil
replacements are worthless and so
you know give us 90 days with a healthy
boner joint pack and let us support and
promote maintenance repair and see what
happens you're going to be very happy
because
by supporting and promoting mainstream
pair we can support and promote re
repair and reappearance and regrowth of
that cartilage no matter what your
doctor says
it's doable four years later
november 2006 that same group of
orthopedic surgeons from harvard medical
school
looked at the same 300 000 records but
this time they looked at the backs of
these same people
they said back surgery unnecessary for
sciatica
low back pain for things like
um peripheral neuropathies and so
again we can support and promote
maintenance repair
with the what we call the healthy bone
joint pack it has all 90 essential
nutrients in it
and gives the body the raw materials it

needs to support and promote
mainstream repair diabetes there's an
epidemic right now
in the world it's doubling diabetes is
doubling almost every year now in
america
right now in america 30 percent of
americans either have diabetes or
pre-diabetes
is breaking us financially is breaking
the american medical system
financially okay it's breaking our
country financially
is one of the big contributing factors
to the national debt of almost 19
trillion dollars is type 2 diabetes
why is there an epidemic because there's
none of this mineral in the soil
remember it's a deficiency of a single
mineral we've known that for almost 80
years
the big story to show you it's not a
genetic disease goes to the pima indians
and above the line where the line goes
through the pea
and underneath the eye under pima you
see a big yellow band looks like a big
yellow banana there in the eastern
part of mexico but above that line that
goes through the pea and underneath the

eye
you'll see it's the same genetic pool
that whole yellow area above that line
which is the
border for arizona between arizona and
mexico mainland of mexico
and below that border you can see that
big yellow swath that is the range of
the pima indians they're
one of the few native american tribes
that did not
inter-mix with other indian tribes they
did not intermix with the released black
slaves
after the civil war was over they never
intermixed with the explorers from spain
and portugal and france and germany and
so they're almost pure
same genetic pool across the american
border in the american side and below
the american border the mexican side
and here's a couple of pictures of the
pima indian same genetic pool now
remember this exact same genetic pool
the group of young men on your left are
pima indians
are typical of those in mexico they're
tall and slim
they live in a third world country

situation
don't have any of the amenities of the
western world
uh they're still using horses or plowing
and
wagons and whole stuff around drawn by
horses and
they look pretty good the ones on the
right are above the
border in america in arizona you see
they're all obese even the children are
obese
and they have their vans and their
pickup trucks and so forth they all work
in factories
instead of being subsistence farmers
like the ones in mexico let's have a
look at the rate of diabetes
the mexican pima indians have a rate of
type 2 diabetes of 6
the american pima indians which are
written up as the culture in america
that has the highest rate of type 2
diabetes
46 the average american rate is
considered like 33 percent a third and
so
they are 30 higher than that 46 percent
now
we know it's not genetic because it's

the same genetic pool so what could it
be well we know it's a mineral
deficiency but why
there's a thin line going between those
two peoples and yet there's such a
difference between them why
is this you'll see in just a moment
again diabetes cases double kids are
being born with type 2 diabetes now
not only type 1 diabetes but they're
being born with type 2 diabetes and
here's a three and a half year old
okay uh from houston and she's
three and a half years of age but she
weighs as much as a 10 year old
and she has type 2 diabetes more blacks
lose legs to diabetes than whites this
is one of those things
where the black jean book comes in black
gene lies
more blackstones are late to diabetes
and whites why is that it's not a
genetic thing
is because the medical system has been
able to capture
the black community and tell them that
all their diseases are genetic and if
they stick with the medical community
the medical doctors will save them from

their genetic diseases and so whatever
the doctor says they don't question it
they don't get a second or third opinion
they just do what the doctor says and
the doctor abuses them financially as
well as kills them early
this fellow here jerry murphy owns one
of the largest
medical diagnostic labs in america um
gamma labs gamma labs and he had
terrible type 2 because he was running
well over 200 his blood sugar running
well over 200 his a1c hemoglobin was
like
9 or 12 instead of 5 or below and make a
long story short
we made a wager because we had a mutual
friend who said i could help him with
his diabetes
and he's very skeptical of course
working with the medical community and
he says look wallach
we'll be best friends we'll do a lot of
good things for america together if you
can
do what you say if you can't i will
destroy you
i'm gonna make a cd i'll have bounty
hunters pass them out
everywhere you go and i will dog you

until you're destroyed
if you fail is it okay jerry you're on
he's quite shocked that i so quickly
said okay let's do it i'll make a long
story short in three months time
his a1c hemoglobin was below five and
his blood sugar was down to like
90 or been running 240. okay
and he's now totally diabetes free he's
a wonderful friend and we just
love him to pieces because he does great
things for us too
cancer is not a genetically transmitted
disease it is a self-inflicted disease
everything you do either prevents cancer
or causes cancer
and so let's have a look doctors and
researchers they're so interested
because of such a horrible disease they
want to run in and get the cure right
away
and they fail every time to find the
cure the first prevention
research was done and published in 1912.
it was on the benefits of selenium in
preventing cancer
they published it in popular mechanics
magazine now why did they publish
something like that in popular mechanics

magazine that's because
they brought it to all the medical
journals of the day and they wouldn't
they wouldn't
publish it that's nutrition we're not
interested in that that was 1912. well
in 1998
the university of arizona redid the same
study
redid it got the same exact results
showing they could reduce the risk of
prostate cancer by
65 percent 69 you reduce the risk of
breast cancer by 32 percent reduce the
risk of colorectal cancer
by 95 by supplementing with selenium
publish it in the annals of medicine
which is a very well respected medical
journal
high fiber diets don't cut colon cancer
rates that's another failed theory
bacon ham sausages are big cancer threat
equal to
smoking and working in an asbestos
environment
now i've been yelling about this for 45
years since i did those autopsies in the
center for the biology of natural
systems
and the world health organization two

weeks ago made the announcement the
world health organization will publish a
report on monday which is two weeks ago
on the dangers of eating processed meats
the world cancer research fund
has warned for several years that there
is strong evidence that consuming a lot
of processed meats cause
consuming a lot of processed meats such
as ham bacon and salami
increases the risk of colon cancer and
many other types of cancer okay
they also say that it probably i'm
quoting them now probably
all red meat causes cancer that's not
true it's how you cook the red meat
okay we'll be a factor this is a study
published in
1998 from the university of south
carolina
and they were working on the harvard
nurses health study 90 000 versus 20
years and their piece was to evaluate
the rate of breast cancer in women and
how they cook their food
okay they're getting down into that area
of interest
well they found out that the women who
cooked their meat very well done where

the fat was
severely browned or burnt increased
their risk of breast cancer by 462
percent
the ones who cooked their meat medium
rare and the fat remained white
reduced the risk of breast cancer by 462
so that's a 900 percent
difference between the most extreme
you're going to get it to the most
extreme you're not going to get it
and what a wonderful thing just how you
cook your food determines whether you're
not going to get breast cancer or not
and then there was some wonderful
research by dr gerhart schrouzer great
biochemist from
university of california who showed very
clearly that you could reduce the risk
of breast cancer
by 82 percent just by supplementing with
200 micrograms one-fifth of a milligram
of the trace mineral selenium remember
he said mammograms are not prevention
and they're dangerous because one
mammogram has a radiation equal to
500 chest x-rays also we find out that
this is very recent in october of 2015
61 61 of all
positive mammograms are nec are

false positives and they say you know we
just
this is too complicated here so we have
to have a biopsy get a biopsy you know
this is unequivocal but we're concerned
and so let's air out let's
take the breast off and do radiation and
and um
chemotherapy so they get
they're hit in they build an insurance
company or medicare medicaid for a
couple hundred thousand dollars the
doctor is happy
kills the patient hot dogs cause butt
cancer this is directed towards kids
these are highway signs you begin seeing
on the highways around america genetics
have nothing to do with cancer have
nothing to do with cancer
eating fried foods processed meats from
nitrates and nitrites
cause the problems arsenic
is known to be an essential nutrient
since 1947
1947 and today even the
medical school at the new york
university proved
unequivocally that they could put
people with acute promoting leukemia the

most vicious the most aggressive type of
leukemia
into remission in just a couple of
months and 10 12 15 years later they're
still in remission
they didn't want to call it a cure
because it's a essential nutrient
steve jobs dies at 56. satur
awata ceo of nintendo dies at 55 his
parents buried him at age 55.
dementia there's five different types of
dimension there's no law that says you
can't have all five
vast year dementia arteries are clogged
in your brain same way they're clogged
in your heart
and your kidneys alzheimer's disease a
cholesterol deficiency
course cough syndrome a deficiency of a
single vitamin wernicke course cough
syndrome
which is the deficiency that single
vitamin and
also ms mixed in with it multiple
sclerosis
vitamin b12 deficiency dementia you can
have all five of these at the same time
okay now remember alzheimer's disease is
caused by
a cholesterol deficiency

it is not genetic not caused by aluminum
this is my favorite slide on alzheimer's
disease the mother is 82 years old the
sun's 58 they both have alzheimer's
these are both in the same
nursing home they both have the same
doctor they're on the same cholesterol
restricted diet they're on the same
statin drug prescribed by that doctor
the doctor also owns the nursing home
they're in
you should be getting a picture here
somebody needs to go to jail
this came out in 1992 and this is one of
the reasons that my original audio
cassette tape did document lie was so
controversial
vitamin e memory loss and alzheimer's
victims and i added a prepositional
phrase when i read this this was
research from the salk institute in the
university
of uh california san diego vitamin e may
ease memory loss and alzheimer's victims
which means it cannot be genetically
transmitted
because there's no vitamin there's no
pharmaceuticals can affect how a
a genetic disease manifests itself

years later um the johns hopkins school
of medicine very famous very well
respected in baltimore maryland
went to the cache valley utah and they
found 5000 people over the age of 65 who
had no dementia no serious disease heart
disease high blood pressure kidney
disease
nothing and so they found them they put
them on two
vitamins vitamin c and vitamin e because
they were excited about this vitamin e
story that came out two years earlier
and 10 years later
again they had half these 5 000 people
on this supplement and the other half
they put on a dummy pill
at the end of the 10 years 2004
they opened up the envelope and undid
the the
map and the ones that got the vitamin c
and e
had 78 percent less alzheimer's disease
now they all ate the same way they're
all from the same
culture they all came from scotland all
these five five thousand people
came from the same religion they were
mormons they
read the book of mormon they were also

using
the supplement called the words of
wisdom which tells them what to eat what
nati kind of like the jewish kosher
approach and so there's more to it
than just those two vitamins also uh
they were all
um subsistence farmers much like amish
very very
basic very conservative farmers only ate
what they grew no restaurants or hotels
in their
in their valley where they lived and so
we actually had an analysis
done on the floor of that entire valley
we know all the mineral veins and
everything what's in there
and so in the book epigenetics it goes
into great detail why these people
had such a wonderful reduction in the
rate of alzheimer's disease just by
supplementing those two vitamins vitamin
c
because they enhance the value and
function of other things that's why
type two diabetes has got to be genetic
because we have three generations of
type 2 diabetics in our family
no that's not true have you ever heard

of gluten intolerance gluten intolerance
is generational it's not genetic it's
not an allergy but it is generational
and it causes eczema dermatitis of all
kinds
belly problems belly pain headaches um
all kinds of nasty stuff celiac disease
appendicitis diverticulitis irritable
bowel syndrome inflammatory bowel
disease crohn's disease asthma
chronic bronchitis pneumonia every
winter time eczema rosacea
dermatitis psoriasis infertility it can
contribute to
a thousand other diseases because these
other diseases are nutritional
deficiencies
and gluten intolerance changes the
efficiency of absorption out of your
intestines
if you can't absorb the nutrients you
have a problem but let's say
let's talk about type 2 diabetes and you
only have two percent of the mineral you
need to prevent diabetes in the soil
where you're living you're eating
from local farmers markets
and now you have a gluten intolerance
and you only have 10 percent of your
availability of absorption so what's 10

percent of 2

0.2 percent you're going to get diabetes

has nothing to do genetics and here is

the villain those little red finger like

projections on the left hand side of

your screen

and these villi increase the absorbent

surface the intestine

well here's a study on white rats on

your left hand side are the healthy

villi you can see the little villain

there's a microscopic picture obviously

the normal ones you can see all the

increased surface for absorption

in the middle picture those same group

of rats were put on

a heavy gluten diet for six months you

can see

the loss of the villi and the scar

tissue beginning to form in between them

on the right hand side it's a year of a

heavy gluten diet you look at all the

scar tissue they've lost almost 100

percent

of their villi and the intestinal lining

is replaced

with scar tissue how do you absorb

nutrition through you can't and this is

what gluten does to you

it's kind of like putting poison ivy on
your skin you get a contact dermatitis
with gluten you get a contact enteritis
okay inflammation intestines caused by
this protein which is very very
irritating okay now the nice thing about
this is
if a ten-year-old kid or a
three-year-old kid or a six-month-old
kid gets on a gluten-free diet
in a couple of weeks time you're going
to see a dramatic benefit particularly
if you're giving them the 90 cents of
nutrients
let's say somebody in their 20s and 30s
and 40s gets on a gluten-free diet
within a month you're going to see
something dramatic in a positive way and
it might take them a full year
to repair people who are in their 50s
60s 70s and 80s
been eating gluten five times a day and
oatmeal for breakfast every day drinking
a couple of beers every friday night
and having bread and pasta and crackers
and gluten and whole grains all the time
it might take them two years to get
returned to normal on a gluten-free diet
but they might show
some dramatic thing you can see is a

benefit within maybe six months
it just depends on how long and how
severe the gluten damage is
here's a perfect example you see on your
left was born with eczema and asthma his
mother was born with the same eggs and
asthma she's 28 years old when she
delivered him
she had three miscarriages and she had
the same eggs and asthma
and she's breastfeeding him so we gave
her a
gluten-free diet we put her on the 90
center nutrient 60 minerals 16 vitamins
12 amino acids 3 fatty acids
and two weeks time her asthma and eczema
she'd had for 28 years went away
in the same two weeks you see in the
middle there
his asthma eggs went away in two weeks
time because he's getting all his
nutrients through his mother's breast
milk
now the interesting thing about this the
pediatrician who's caring for him
the only thing he told the mother was
here's some hydrocortisone cream rub it
on his skin to prevent the itching
and also i told her to clip his

fingernails and put mittens on his hands
so he wouldn't scratch himself in asleep
well here he is on the right at two
years of age and you can see
how happy he is you can tell by looking
at him he doesn't have asthma
and eczema we see this all the time in
kids and the ones on the left
have their eczema dermatitis psoriasis
and the ones on the right they've been
without
gluten for anywhere from a month to six
months and
they're getting the 90 cents of
nutrients you can see the difference
very dramatic
this lady was this way for 23 years her
dermatologist made three million dollars
treating her for 23 years and of course
in 90 days gluten-free diet 90 essential
nutrients this is all reversible
longevity one in five americans are
disabled 20
of americans are disabled we're supposed
to have the finest medical system in the
world we don't we have the
most expensive medical system in the
world but it's problematic
remember that 85 of all personal
bankruptcies in america are due to

medical bills it just shows the
prevalence it's the same pattern
in the continental united states it's
always the south um
eastern states it's always the um
atlantic border there we run up and down
the atlantic ocean
and also the states around the great
lakes also the southwestern states and
up in the northwest where they have
indian tribes
is the worst of the worst when it comes
to disabilities here
okay and this is cancer here's one a
little bit of departure the state that
has the worst cancer rate is
kentucky and of course the reason why
they have such terrible cancer
is there's very few of the minerals in
the atlantic seaboard
there's very few of these minerals in
the south of
eastern part of the united states the
old confederate states and indian
reservations out west
there's one particular state they fry
everything kentucky they fry
everything it's rumored they fry water
and that's why they have such a high

rate of cancer
life expectancy the red yellow and
orange are the shortest live and the
ones in the blue
uh counties or the long sleeve people
there's a 25 year difference
between the longest people and the
charleston people in america is simply
because
of the mineral supply in their soil
where their food is grown and
whether or not they fry food the ones in
the blues don't fry food and the ones in
the reds and orange and yellows do
west southwest west of mississippi river
indian reservations old confederate
states
in the southeastern part of the united
states and eastern seaboard same thing
for males
statin drugs speed up aging process
women go through menopause in their 30s
low t ed in males regardless of age
alzheimer's disease we're now finding in
30 year olds and 20 years old
because it has nothing to do with age
nothing to genetics it has to do with a
cholesterol deficiency if you're very
very good
like vegetarians vegans who are really

driven
to stay away from animal products and
cholesterol
and saturated fat and they take satin
drugs many of them not all but many of
them
and they're the ones who have a high
rate of alzheimer's disease
and hormonal problems so i urge
everybody to get a hold of these books
black gene lies epigenetics immortality
and rare earthen cures and you'll learn
why the top 20 longevity cultures
live so long what is there what are
their secrets they have 23 common
threads
and of course i'm going to show you what
i believe are the more important ones
after this
after these pictures but i want you to
look at immortality look at the cover of
that book i want you to look at the
top picture above that yellow line just
below the neck of that
statue there it's a fire i want you to
pay attention to that fire because
this is very very important and why the
top longevity country cultures the top
20 longevity cultures are all third

world cultures

calorie restriction diets these same top

20 longevity cultures

only take in 600 to 900 calories a day

not because they know the

the science they're illiterate they're

they're third world cultures

but they're so poor they can only afford

600 to 900 calories a day americans take

in 2 500 to 4 000 calories a day

this fellow here george francis died 112

in december of 2008

was the longest lived documented man in

america

he lived considerably longer than

19 presidents he lived through whose

average lifespan was 75.

the doctors who cared for these

presidents documented their average

lifespan came out in 1999 in a big study

published in medical journals

is 56 exactly half of the the years that

george francis got

now he lived in a a house it was a cabin

his great-granddaddy built during the

slave days

a pot belly stove dirt floor was a

crawdad fisherman and fisherman sold

those things to

restaurants cajun restaurants and

he lived behind twelve double the
lifespan of medical doctors who took
care of president so what was the secret
when he died his daughter was asked by
the reporters and his daughter was
reading the newspaper to him there
the daughter said when she was asked
what did your daddy do to be 120 she
said he broke all the rules of healthy
eating
he cooked and lard and ate butter and
cream and eggs
in fact she said his entire diet
was dairy products eggs and large
sandwiches
also on the right hand side you see the
russian mismalof
168 years of age is a very famous
picture in the national geographic
where he is working in his tea
plantation
and also listening to a transistor radio
at 168 years of age
a man from syria died at 133 years of
age
now geographic cover may 2013 this baby
will live to be 120.
look at the grammar this baby will live
to be 120.

she's from the decline peninsula on the
pacific coast of costa rica in central
america
one of the poorest of poor countries and
cultures on earth
okay these are the laws of people in the
western hemisphere
what's going on here why do they have 40
times 100 as we do why do they have
100 250 of their population we americans
only have 100 over
10 000. this fellows from bolivia the
second longest lived culture in the
western hemisphere
he's putting llama manure in his wood
stove there's a high-tech kitchen
he's 102. this fellow here is from
florida when he turned 101
he actually got a hole in one on his
101st birthday we need to find out what
he does and make sure that
tiger woods gets the information the
longest lived people on earth the hunzas
from the hunza valley in the karakoram
mountains that separate northern
pakistan from china
they're the longest lived people on
earth they live at 13 000 feet elevation
and their descendants of alexander the
great

when he moved east from
greece after he won all the battles
there he moved east
towards china and of course having
babies along the way
these people live at thirteen thousand
foot elevation you see they're obviously
third world
and they live in what we would call the
land flowing with milk and honey
the gilter glacier which is about a mile
wide at 13
000 foot elevation okay the water that
comes out from underneath the gilter
glacier looks like milk because the
glacier is grinding up limestone
and so the limestone powder comes out in
the water it looks like milk
and bees love minerals and so there's
lots of bees there
the land flowing with milk and honey
this is biblical this is a biblical
location this is where people did well
they were successful in business they
were healthy they lived a long time
had healthy children in okinawa it's not
all okinawas live well
or long there's only a very small group
of people up in one mountain on the side

of one mountain
they live to be an average of 85.
everybody else lives to be 52 to 60. so
it's not all of okinawa that lives well
it's just one little subculture now the
reason is of course we'll get into in a
second
we spend a lot of time with this fellow
here mr taguchi who's 102 years old
and he lives in this little subculture
up on the side of this mountain and so
we know exactly
what they do to live so long and here's
the oldest
gal up there she's a pop star she goes
around the singing group
and she's a lead singer in a singing
group singing pop songs
and you can just tell by looking at her
her energy is just tremendous
she's from the island of kohama in
okinawa in the last 300 years this is
the longest lived
of um humanity that's documented
dr yeon ching yun li and chinese always
put their last name first so
ching yun li died at 256 years of age
was born in 1677 died may 6 1933
and he lives in a place that is rich
with rare earths

in laboratory animals rare earths double
the lifespan of laboratory animals
compared to the control group
okay we use them in electronics we know
they're very valuable for electronics
but also
they're required utter being metrium
neodymium procedure
europium and samarium and of course
they're all in the nine essential
nutrients in all 60 essential minerals
we need water for life we need oxygen
for life you need the 90 cents of
nutrients for life
your dna rna your genes your telomeres
little end caps on your chromosomes
will fail without these nutrients you
have to have them every second every
minute every hour every day every week
of every month of every year
otherwise you're going to have problems
it's just that simple you cannot live
without them you need 60 minutes 16
vitamins 12 amino acids 3 fatty acids
you have to have them your genes your
dna rna and telomeres must have these
things otherwise
you have the greatest genes in the world
but they're not going to perform this is

when i first
understood epigenetics
epigenetics has replaced genetics when
it comes to
the understanding of disease and
longevity
this is a study we did at the saint
louis when i was doing all those
autopsies back in the 1960s and 70s
and ended up in that book which is in
the smithsonian institute the disease of
exotic animals
and monsanto gave the st louis zoo
because we're in the newspaper all the
time because of these studies going on
gave the saint louis zoo a a timed
hydroponic unit and these big racks with
all these trays and had seeds from
barley grass and
on a timer with water and fertilizers
and we would
be able to harvest this like weekly it's
just wonderful for the zoo animals
eating dry food and hay all the time no
green grass
it's really a wonderful thing and
perkins who
was from the um st louis zoo obviously
in the um the tv show
okay mutual omaha's wow kingdom uh said

okay while i
find out of what real value is this
hydra is it just fun for these animals
or we just you know waste their time or
is it useful for them
and so i was able to steal eggs from the
same mother father
common mallard ducks farm ducks i stole
100 eggs or a period of three months put
them in the refrigerator just like you
put human frozen embryos
in the freezer just put in the
refrigerator when i had 100 i divided
them into four groups of 25
the first group of 25 i just gave
lettuce for six weeks
the second group of 25 i gave
nothing but the hydroponically grown
barley grass
and you can see it's about 10 15 maybe
even 20 bigger than the ones that just
got the lettuce
the one in the middle with the um
little little scale or the little ruler
on it received the ralston prena
laboratory duct pellets see it's double
the size of the other two
but the one that really got optimal
amounts of every nutrient needed to

maximize its genetic potential for size
and strength and everything it can do
was what they call the huey group it got
both the
pellets the alfalfa pellets from raw
semprina and the barley grass
look at the difference they're the same
exact genes same mother father
incubated at the same time and so
there's no doubt that this is an
epigenetic story here
in that study the center for biology of
natural systems we eliminated 900
different diseases and animals which
still plague people
because we realize there were
nutritional deficiencies we increased
the nutritional supplementation of zoo
animals and eliminate all the diseases
and of course this is what saved the
panda the pandas were down to just maybe
a dozen pans left in zoos and they're
about right all die out
and then suddenly we heard about ling
ling right
suddenly he had all these other baby
pants what's happening i finally got to
do an autopsy on one of them and it was
just starving to death because they're
feeding it nothing but bamboo

and so i said let's give them some dog
food oh you can't there's an exotic
animal you can't give them dog food so
we gave them dry dog food
and now we have more pan as we know what
to do is they got to give them birth
control
okay we tripled the lifespan of animals
with this information
and basically if you look back 60 years
ago an old dog was eight years old and
an old dog is 25.
in the same time span
we humans have added two or three months
to our lifespan we didn't triple it like
we did for animals because we're using
drugs and we use
nutrition for animals we eliminate every
birth defect you can name and ten times
that many can't in animals
by supplementing preconception and i
urge everybody i urge everybody
when you're getting a couple that's
dating strong
a couple is getting engaged or a couple
is getting married do not give them
a gift card do not give them monogrammed
towels
do not give them a linen set to start

their household give them the 90 cents
of nutrients
and then you won't be a grandmother
babysitting a special needs child
how did rich people get their minerals
back thousands of years ago
they'd give them grave robbers big bags
of silver and gold
to get mummies and bring them mummies
they grind up the mummies into mummy
dust and they would use mummy dust as a
condiment like salt and pepper on their
food
they're getting the minerals from the
mummies bones and skin and vitamins
from their livers and so forth they did
get some supplements that way and they
lived longer and healthier
now obviously people who are slaves and
and subsistence farmers and and people
who are just
carpenters couldn't afford big bags of
gold and silver to get mummies
where'd they get their minerals well
scientific american did a wonderful
story
on why people began to live longer were
healthier were smarter
did things invented language and so
forth invented

writing and they said it was all the
cause of cooking food it all happened
when
food began to be cooked that's exactly
right but it wasn't because of the
cooked food but it began
when food was cooked but not because of
the cooked food now what was the
universal fuel
three fourth five thousand years ago
would no matter where in the world they
burned
fuel for heat for cooking for defense
whatever it was
the fuel is always wood and what did
they do with the wood ashes every
morning they throw in the recycling bin
to save the earth where did the wood
ashes go
it went into the garden wood ashes
aren't ashes 95
to 98 of the wood ashes are really
minerals if the trees sucked up by the
ground when you burnt the wood
that powder that's left is minerals
sometimes a little gray or black because
there's some carbon left over but 95 to
98
of what we would call wood ash is really

minerals that the trees had sucked up to
the ground we threw it in the garden
and everybody knew it increased the
fertility and you had a better yield and
your gardens did better when you put
wood ashes in there
but what they didn't know and yet today
they don't know
and i'm depending on all of you to share
this information
what they didn't know and they don't
know today is those plants sucked up
those minerals
when you ate the pumpkins and the squash
and the ochre and the tomatoes and bell
peppers and you ate the potatoes and the
onions and the peas and beans and
lentils and
and corn that were grown there they
sucked up all those minerals
and that's how you got your meal you
didn't know you were getting your
nutritional meals that way but you did
this remained the same for thousands and
thousands and thousands of years
until three o'clock in the afternoon
monday september 4th 1882
at 3 o'clock in the afternoon monday
september 4th 1882 on pearl street in
new york city and the bluff overlooking

the construction of the brooklyn bridge
it all ended in a single heartbeat we
know this because the story was in
every newspaper in the world this fellow
here thomas edison pulled the switch in
the first commercial electric generating
plant
within 10 years every industrialized
nation including united states every
town in every city and every
industrialized nation
converted from what is the universal
fuel to electricity
here comes the ultimate question how
many wood ashes are left over in your
home every morning when you use
electricity to fuel your home zero
zero now nobody knew what was happening
they still don't
and again the most fertile and the most
valuable farmland in the world
thousands of years ago and yet today are
flood plains because
every spring that would flood and as the
water would recede it would leave silt
and mud behind
minerals if you will from mountains
hundreds or maybe thousands of miles
upstream

and people like this of course they'd
plow this in and
renew the mineral content of the salt
because when you have minerals in the
food
it's because the plants are pulling
minerals out of the soil they don't know
it they don't need it they only need
three but they'll take up anything
that's soluble in the soil
people liked it guess what today we have
nine 900
000 dams for hydroelectric power
900 000 dams for hydroelectric power
and of course there was an unintended
consequence flood control
now people thought that was good at
first they didn't realize that we
destroyed the earth
with flood control because there's no
renewal of the minerals in the soil the
farmlands or the plains or
where it was flooding the valleys and
we've shut off the food supply to
ourselves we've shut off our minerals
for ourselves as you'll see in a moment
we have exact numbers by the us
department of agriculture
so things are happening it's all
negative because we've dammed up the

rivers we cut off the food supply to our farms
we've cut off the food supply to the ocean
it's over 100 feet deep of minerals that have piled up
since they've built the hoover dam
nutritional minerals do not occur in a uniform blanket around the coast of the earth nutritional minerals occur in veins like chocolate and chocolate ice cream
some places have little some places have none some places have three middle some places have a 15 some places have 25 some places have 40.
but you can see from this picture which is a satellite picture from 100 miles up that the different colors and the swirls and worlds represent different minerals and different combinations of minerals
so in the animal industry so every dairy cow is eating hay or beans
soybeans grown in this area we would put a supplement of vitamins and minerals and their alfalfa pellets
may be grown there are there soybeans grown there so put the vitamins minerals in their foods so we're leveling the

playing field so every
dairy count no matter what part of that
picture she got her food from
she's going to give us a maximum yield
say a gallon a half of milk instead of
10 of the cows giving a pint and 20
giving a quart
instead of all hundred percent giving a
gallon and a half it's predictable it's
is
also very nutritional because a lot of
these minerals appear in the milk if
they're there they're not there
obviously the cow can't make them now
this is what makes yongivity
unique this is a compost pile this
compost pile goes back into prehistoric
days
it's made out of 100 grain leafy plants
we know this because of the chloroplast
the little chloro um chlorophyll
structures inside of plants green leafy
things
and uh they contain 78 minerals all 60
essential metals and optimal amounts
these people are standing on a road
that's 3000 foot elevation above sea
level
that white cap on this deposit is
15 to 25 foot thick and it represents a

cap of marine limestone so obviously it
was under the sea for thousands and
thousands and thousands years to make
this limestone
and um there's a hundred cubic miles of
this stuff here in this deposit 100
cubic miles we know this from drillings
and soundings
because oh gosh 50 75 years ago people
are looking for oil
they're looking for coal they're looking
for natural gas in these places and they
said what is this stuff
this isn't what we're looking for they
just deserted it
of course this is something that is
incorporated into our 90 essential
nutrients
getting the 60 essential minerals from
this deposit
we knew in 1936 our saw was depleted in
minerals
this is u.s senate document 264 and it
was a two-year
hearings done by the u.s senate to
determine why our soils were dead why
did we have the dust bowl why did
we have the great depression they blamed
it on depletion of minerals in the soil

in 1936
but nobody proposed the reason why our
saw was depleted if you ask even yet
today
environmentalists professors of
agriculture
and big agricultural universities he
asked them why is our soil soda polluted
minerals
always say because of four farming
practices because of poor farming
practices
that's not true nothing has changed as
far as farming practices
we plow we plant we harvest we plow we
plant we harvest and so
what is it well no more wood ashes in
the gardens no more silt from floods
and we've cut off the food supply to our
land cut off the food supply to our
oceans that's why we're in trouble
this is one that really disturbs me our
baby food according to
the food chemistry journal which comes
out every month i read it faithfully
every month and this one came out april
16
2012. they looked at the top eight baby
formulas
from the standpoint of pollution and

from nutritional value they said
these baby farmers were talking talking
about infamil symbolic gerber's ones
you're very familiar with very well
respected
these babies foods contain less than 20
percent of the required nutrients
needed for proper development of our
babies we're talking about
20 of the minerals and vitamins our
babies need
is all you're going to get in giving
them these baby food if you don't
supplement you're going to wind up
burying them like joe biden buried your
son
beau steve jobs mother buried him and i
wad his mother buried him
okay you're gonna wind up bearing your
children if you don't supplement them
because it's not in the food anymore
even from the very beginning
okay these baby formulas you must
supplement we do it in animals we got
great results
we have to do it in people we're going
to have to do this the government has
failed us and guess what
the medical system has failed us

terribly and somebody needs to go to
jail
this is a 100 year study from 1914 to
2014
and of course they referred back to u.s
senate document 264 published in 1936.
our farm cells are depleted of vital
metals and as a result
our foods are literally starved of
nutrition medicine cannot
compensate for this deficiency u.s
senate document 264 1936
and the minerals in our soil over the
past hundred years 1914 to 2014 have
been depleted by 85 percent
you can see the chart and the graph on
the right you see the the
extreme dip in the mineral values of our
soil
okay then in the bottom line and again
this comes from last year 2014
usda the united states department of
agriculture reports that 95 of all
americans are mentally deficient
what more do you need what more do you
need
to understand that you must supplement
no matter how well you eat
you're a billionaire it doesn't matter
you're an athlete it doesn't matter if

you're a farmer doesn't matter if you
don't supplement you're in trouble
worse yet if you don't supplement and
supplement your children your children
are in trouble
remember experts are saying that our
children our children will be the first
generation of americans that do not live
as long as their parents
to me that's very very scary but we have
the power we have the knowledge
to fix this but we're gonna have to be
very proactive here because the
government's not going to do it and
guess what
the doctors aren't going to do it i want
you to look at these
maps the united states again i want you
to look at the demographics here
look at the worst of the worst and here
the dark blue okay
this is disability rates look at the
dark
blue ones which is the worst of the
worst 31 percent
the dark blue states of disability
look at this one and this one you look
at this one
this is the heart age compared to the

actual chronological age
the ones in the dark burgundy are the
worst of the worst
same demographic look at this one
heart disease same demographic
southeastern
states the old confederate states the
states in the great lakes area and west
of the mississippi river the indian
reservations
in the northwest and the southwest
okay and now we're going to look at
cancer
same thing old confederate states the
states around the great lakes
and the northwest and the southwest
where the indian reservations are
eastern seaboard worst of the worst
life expectancy as you would expect with
all these terrible diseases being the
worst in those places same demographics
the blue areas this is by county uh
actually
live 25 years longer than the ones in
the orange and the yellow and the red
both in the old confederate states
the great lakes areas out west northwest
and the indian reservations in the
southwest
it's both for males and females the way

we've been doing this for
38 years and we've been doing this
commercially for 38 years
is to supplement with all 90 centimetres
and of course we have a thousand
products it's very difficult for a
stranger to come along and look at all
and say oh my gosh they throw their
hands up what do i do
is there a key to this and of course the
fda won't let us say for this disease
use this product
they don't like that so we had to come
at this a different way what we had to
do
was come up with systems where
one program dealt with many many
diseases
okay and you can't use the cure word so
we had to do it in a different way
so let's look at what we call the basic
healthy start pack there's three
products in there
has 245 nutrients many will be in the
near future declared essential so we're
already putting them in there
but it also has the 90 cents of
nutrients 60 minerals 16 vitamins 12
amino acids 3 fatty acids in optimal

amounts for perfect biochemical
nutrition for
a hundred pounds of human flesh for a
month you give it to a 50 pound kid it's
a two month supply
give it to a 30 pound kid it's a three
month supply here's a 200 pound person
you need two of these for a month the
300 pound person eat three per month and
so on
and this is the basic stuff now i've
essentially been doing it
not this far but i've been doing it
personally for 68 years
i haven't been sick in 68 years never
even had a cold
i've never had any surgery i've never
been on a prescription medication
my wrestling pulse without prescription
without a drug without any medication
is 90 over 60. my wrestling pulse
without any medication
is 36. now it does spike when i get
angry or upset it'll spike to 39.
it's been that way since i was 18 years
old was wrestling for the university of
missouri and playing football in high
school
for four years in lettering and football
and wrestling

so this is our basic program if you
don't have a lot of money this will cost
you about three dollars a day for the
average person per 100 pounds of body
weight
and this is what i've been doing the
healthy essentially the healthy start
pack
but let's say you have something like um
you're overweight by 50 75 100 pounds or
more 200 pounds 300 pounds
you want the healthy weight loss pack we
have everything in there you need
to give your body what it needs so your
cravings go away so your munchies go
away
and we give your body what it likes so
that it will
give you everything it needs it'll make
what it can to keep you in the healthy
weight range
and you'll lose anywhere from a half a
pound to two pounds a day and you'll
never gain the weight back
as long as you stay on this program and
then of course if you have diabetes type
2 type 1 if you have anxiety attacks
panic attacks
narcolepsy anything that has to do with

blood sugar problems

hypoglycemia or active hypoglycemia you

want the healthy blood sugar pack

one of those for a hundred pounds of

body weight when you have diabetes you

just take your fasting blood sugar

uh before you medicate yourself and as

your blood sugar drops you just do what

your doctor says

reduce your medication if your blood

sugar goes up you do what your doctor

says take more medication

and you'll know when it's time to get

off your medication uh

anti-aging healthy body pack people who

have wrinkles and age spots and

just are tired all the time because

they're in their 70s and 80s you give

them a healthy

anti-hygiene pack and the

body's defenses can get rid of the age

spots when you give it the raw materials

to do that

and of course we have the healthy brain

and heart pack the healthy brain and

heart pack

actually gives you everything you need

to deal with over i don't know about 147

different diseases

and we're talking about parkinson's

disease lou gehrig's disease
which is als also ms multiple sclerosis
huntington's disease
alzheimer's disease and all the other
dementias also congestive heart failure
cardiomyopathy heart disease
coronary artery disease in the history
of thrombotic stroke
the healthy brain and heart pack one per
100 pounds of body weight okay and then
you have
the healthy body digestive pack you have
reflux belching burping bloating gas
these sorts of things you want the
healthy digestive pack
and there is no such thing as acid
reflux it really should be renamed
lack of acid reflux okay because you
really don't have enough stomach acid so
yeast will grow and their bacteria grow
in there
and they ferment carbohydrates and sugar
making gas and causing all these
problems
so my suggestion is if you have reflux
don't take any of these ppis of proton
pump inhibitors so that you
are going to make less stomach acid
because in two three four five years

time you're gonna have 15 diseases you
didn't have before
they'll all be nutritional deficiencies
diseases so you want the healthy
digestive pack one per 100 pounds of
body weight
healthy body athletic pack if you're
working hard in your trade and you're
sweating
you want this one if you're playing
sports on the weekend or you're just
kind of
two three nights a week you're going to
the gym and running on the treadmill and
working on the machines
you want to use a healthy body athletic
pack and also if you have
people in your family who are in school
and they're playing sports
whether it's in grade school junior high
high school or university or if they're
trying out for the olympic team or you
know professional football players
or even if you have somebody in the
military because the government does not
give our military vitamins minerals they
give them dry food they give them canned
food
but they do not get any vitamins
minerals i have surveyed thousands of

military personnel
many of whom have ptsd they do not get
any vitamins minerals from the
government
so if you have somebody you love who's
in the military i'd urge you
to give them the healthy body athletic
pack it has all the minerals that are
missing the result
in the diseases that are diagnosed as
ptsd depression mac depression bipolar
disease and so on
and then healthy body bone and joint
pack if you have arthritis osteoporosis
bone bone arthritis osteopenia
osteoporosis periodontal disease which
is osteoporosis
in the face you take the healthy bone
and joint pack and guess what happens
your body has the ability to rebuild
itself your body wants to heal itself
but you have to give it raw materials
for that to happen you cannot build a
house without brick and mortar
you cannot build a house without roofing
shingles you cannot build a house
without wood
for framing and infrastructure you need
nails and screws and bolts and nuts

okay same way with their body you may
have the best genes in the world but
without the 90 essential nutrients
as they say in france there ain't
nothing going to happen okay
and so i i just hope you remember the
fact
that we have less than 20 percent of the
nutrients necessary our baby foods
our kids generation will be the first
generation of americans to do not live
as long as their parents it's not a
genetic thing it's not destined
but if you don't supplement them that
that prediction will come true
so i urge you to give everybody you know
for birthdays
holidays any time a present's due for
graduations in schools and so forth
getting married
getting engaged going out together on a
regular basis give them the 90 essential
nutrients
our babies will be born normal people
will live a long time your kids will
outlive you which is the way it's
supposed to be
and i want to thank you for being such a
great audience contact your younger
associate and find out how you get

involved become part of the youngevity
nation
and we're going to save america even
more important than that with this
information we can save the world and
god bless you
[Music]
today it's my great pleasure to
introduce to you a man
who has been so far ahead of the pack
that if i said he was cutting edge i'd
actually be insulting him for being slow
this is the man who taught us that
ulcers could be treated through
antibiotics
that kidney stones were actually a
calcium deficiency
that rheumatoid arthritis was an immune
problem that again could be treated
with antibiotics all these are
mainstream strategies today but 10 or 20
years ago when doc started it was very
avant-garde in fact probably heresy
i want to get into today doc's newest
statement which is
exercise without supplementation is
suicide
and doc this is a very intriguing
concept but you know

down through the years you've had so
many things be proven right time and
time again
i guess my first question to you is are
you the sherlock holmes of a health
carer
i like to think so i think that's
probably pretty kind description of what
i do
and of course the thing that made
sherlock holmes famous was the fact that
he would say just the opposite of what
scotland yard was saying and he was
always right
i'd say you hit the nail right on the
head i like to be a sherlock holmes
what got you onto this line of thinking
especially with the athlete
right now everybody's telling folks to
exercise so are they just putting their
head in the news
they're actually putting their head in
the noose they're actually cutting their
life by 30 40 50 years if they exercise
and don't supplement where i ran into
this was about
50 years ago people began to study what
sweat was
and they heard these little bitty
articles in biochemistry journals

the makeup of sweat it was very
interesting most people thought sweat
was primarily just salt and water
but sweat contains everything that's in
your blood and as you sweat the primary
purpose of course is to cool your body
but you're also
losing nutrients you're losing amino
acids you're losing vitamins you're
losing
major minerals you're losing
electrolytes you're losing trace
minerals rare earth
and it's a kind of a trickle chart it's
kind of like the toilet that just sort
of runs a little bit drip drip drip you
get a water bill for 500 bucks at the
end of the month
didn't seem like much but does in fact
cost you in health and longevity
and so about 25 years ago because i was
an athlete in high school in college i
played football and wrestled
of course you sweat a lot in both those
sports and i only weighed 123 pounds
and played middle linebacker and played
offensive center that's back in the old
days when the players played both
offense and defense

and only 123 pounds i was very
aggressive but never got an injury and
all these big guys 200 240 pounds were
always getting injuries in their ankles
and so forth
and the reason i didn't was because
living on the farm
i was able to have access to trace
minerals that we gave to calves
and so putting together practical
experience and
taking advantage of some what was 50
years ago esoteric research you know
what's in sweat kind of thing
put it together and came up about 25
years ago that you were in fact throwing
your life away if you were exercising
and not replacing the minerals you're
sweating out
wow you know it kind of reminds me back
i don't even know when this was but
all of a sudden jogging came up and was
it bill kick dim fix
fix okay jim fix a spell with two x's
f-i-x-x
and of course he died at 52 and he wrote
all the books run your way to health jog
your way to health
and there wouldn't be any running shoes
and yeah it wasn't a number of the

runners including him just all of a
sudden died
they all do they all die suddenly pretty
profound statement all these guys are
supposed to be healthy they have four
percent body fat
what it is they're sweating out all of
their minerals which protect them from
various diseases including
ruptured aneurysms including heart
attacks in fact there was
a long-distance runner who died in july
of 2000 his name was leonard hilton
he ran the sub format mile 32 times and
he was a student of gym fixes
and always praised jim fix and all his
knowledge and training techniques
and jim fixed out of 52 and leonard
hilton jim fix a student
died at 52. that's pretty much what
you're going to get there has never been
a professional athlete live to be a
hundred
and if exercising of itself was useful
for health and longevity there should be
a lot of professional athletes living to
be a hundred
not a single one craig wow it might have
been you that says that couch potato is

actually living longer than these guys
you're exactly right that's me i like to
teach people
the basic truth by saying something's
very provocative that way they remember
as a concept
but basically what i did since there's
lots of articles written by long
distance runners saying hey you guys
we can get high we can make our own
opium in our brain and you can get
drugged out running long distances here
and get into la la land legally not
worry about getting arrested or anything
just by running you can lower your
cholesterol by running you can lower
your
body weight a couple of points you can
get your body percentage of fat down
there's all kinds of wonders to running
how healthy it is it's good for the
cardiovascular system
but it always kind of fascinated me
there was never anything that said
athletes live longer
so i decided to do my own survey and i
started looking at obituaries
of professional athletes and university
and college athletes
compared with obituaries of couch

potatoes it's always kind of funny
that librarians live to be 100 and 304
conductors live to be
89 95 and housewives lived to be 115
and so forth and the old couch potato
lived to be 88 to 120
and professional athletes the average
lifespan of 62-65
the ones who play the most the ones who
are the stars die the youngest
and you look at some of the famous ones
red grange jesse owens
people like wilma rudolph babe zaharias
you're probably too young to remember
her but she was one of the first great
women athletes who
could whip men in about 10 different
sports and then there was
people like will chamberlain age 63
congestive heart failure
walter payton 45 years of age died while
he was waiting for a liver transplant he
was a pristine athlete never
did drugs never smoked never did alcohol
i know that basketball played it was a
real challenge lewis 27 years old here
we go
died of a cardiomyopathy heart attack a
simple selenium deficiency

he was about as fit as a human being
could get then there was sergey grinkov
28 years old a two-time gold medal
winner in figure skating
it's not just basketball players or
track stars you can be a figure skater
and die young you can be
a boxer you can be a baseball player i
have a lot of very famous baseball
players babe ruth lou gehrig don
drysdale i have all the obituaries i
actually have one
it was a pitcher for the san diego
padres and he was only
24 years old and he was failed by a
cardiomyopathy heart attack and they
were just shocked because he just come
up from the minors
you're sweating and not replacing those
minerals you're sweating out you're
doomed to have a lot of injuries and
anything that might
relate to mineral and nutrient
deficiencies and certainly you're going
to shorten your life if you're not
replacing everything you're sweating out
wow that's incredible because i remember
particularly with reggie didn't he have
what's called that the dream team of
cardiologists

and he died anyways he had the dream
team cardiologist so they paid these 12
cardiologists a million dollars each to
save him and the interesting thing was a
year and a half after reggie died
the captain the chairman of the dream
team cardiologist died at age 47
himself for the same disease
cardiomyopathy heart disease and he was
a boston marathon run runner he finished
the boston marathon three times
this physician and died of the same
disease at age 47.
can't these guys figure this out well
what happens is
they hire these personal trainers and
they hire trainers and they hire
people who are nutritionists and they're
worried about their fat intake and
they're worried about
strength training they believe falsely
that strength training is the answer
for joint health the more muscle you
build up around the joint the less
likely you are to injure it that's
absolutely nonsense
just ask bo jackson you remember him he
was his grade 2 sports player
professional player in baseball and

football
and he dislocated a hip joint and
fractured the head of the femur
the ball part of the ball and socket
joint and they talked him into putting
an artificial joint in
and of course he ran around like chester
from the old gunsmoke days
i remember him it was that one leg and
he was a huge man his thighs were bigger
around my chest he was a big man
and so they said well why don't we even
yeah we'll just take the good hip and
we'll put an artificial joint in there
and then you'll be superman
well of course after that happened he
hit a few baseballs and that was about
it his career was done
but if he'd been supplementing properly
these guys could play into their 40s and
50s
i've seen this happen we have a lot of
professional athletes who had to quit
their sport
after 8 10 12 years because of joint
problems
we get them on our nutrient replacement
programs and just in
six months time they're stronger and
more fit

and have more agility and flexibility
than they were when they're actually
playing
and they just shake their heads and they
say why didn't our high-priced million
dollar-a-year trainers tell us this and
i said well they don't know it because
they're
reading from doctor-written nutrition
books
they're reading from dr written sports
medicine books
these folks just don't seem to have
gotten the message yet oh they haven't
because they make their money by doing
joint replacement surgeries they make
their money by doing arthroscopic
surgery
they make their money by removing
meniscus they make their money by
repairing torn ligaments and so that's
what they're in the business of doing
they
are not interested in preventing these
injuries because they make their money
by repairing them
got it wasn't it hollyfield that
actually was able to come back
right yeah evander holyfield was kind of

an interesting guy he
quit and one of his fights i guess was
against tyson he just quit he just
couldn't go on
because of lack of strength his heart
began to give out he had hypertrophic
cardiomyopathy heart disease and through
a mutual friend actually a guy who lives
across the street from
evander holyfield andrew young you may
remember the name he was an ambassador
to u.n
and we were able to save andrew young's
knees and andy young
said well why don't i see if i can take
the message with vander holyfield the
god of andrew holyfield taking some
selenium
and sure enough we were able to get his
heart going again through the selenium
supplementation
actually more complete program than that
but it included a special interest in
the selenium part of the program
and you see he's able to come back and
defend his title several times
and of course he's been boxing not
necessarily to level he'd want to be
he's lost the last couple of fights but
he's a remarkable athlete

and without that supplementation he
would have been finished a long time ago
looking at your background you have kind
of a unique background to be talking
about human nutrition
but i think it probably gives you an
interesting perspective i know you
started as an ag major and went to
veterinary school first and then you did
a lot of research for the human studies
well i think the advantage that gives me
craig is that in animals we don't have
insurance we don't have blue cross blue
shield major medical hospitalization
medicare and medicaid
we don't have personal trainers we don't
have personal nutritionists and so what
we had to learn
do was prevent cure diseases in animals
with nutritional formulas very
economical
to do it that way on a herd basis put
everything in their feed pellets and
that's why we have
mouse pellets wrapped pellets hamster
pellets skinny pig pellets rabbit
pellets
duck pellets goose pellets and laying
mash chick

pellets pulp pellets horse pellets sheep
pellets and so on
and dog food can dried cat food canned
and dried
and every one of these rations is a
perfect mix of every known nutrient
necessary for these animals
and if we were to use a human health
care type of system especially the
sports medicine system
and animals would be sticker shock for
you your hamburger would cost you 275
a pound just to pay for the health care
and so i decided to take the same
concept
that we did for animals where we have
special diets for animals with heart
disease kidney disease intestinal
disease liver disease
eye disease and so on these diets are
formulated so the animal can't pick out
what they want
it has everything in there necessary to
focus nutritionally on that particular
organ or organ system
and i just said well if it works an
animal so well which it does
why wouldn't work in people and so about
i'd say 1978
after trying from 64 to 78 which is 14

15 years i've written my scientific
articles and books and lectured to
doctors
and i couldn't get doctors interested in
the concept they'd pat me on the back so
it's very interesting but that's in
animals not people
so i went back to school and became a
physician and began to use these
preventative and treatment concepts with
nutrition like we did in animals and
certainly the concept works like a charm
in people just like it does in the
animals that's maybe why the gentleman
that told me about you said
talk to doc wallach he may treat you
like a dog but you'll get better
that was a little thing that my patients
came up with because i used to hang my
veterinary degree on the wall
next to the medical degree and patients
they come in their eyes and get real big
but after a while they kind of realized
where i was coming from and they started
with a joke telling their friends
hey if you're not happy with what your
doctor is doing for you go see walleye
now he'll treat you like a dog but you
get better

dr talking about athletes we've talked
about a lot of the professional athletes
how about the younger ones high school
college players are they at risk
just the same way oh absolutely
according to the center for disease
control
out of atlanta craig a lot of these
young athletes under the age of 30 drop
dead each year while they're training
exercising or participating in sports
i saw some figures earlier this month
which said that the death rate from
sudden heart attacks in young athletes
had actually gone up by 10
in the last year and so there's no
nutrients
of any value in pepsi cola coca-cola dr
pepper
eight or eight and so forth and water
just plain water
and so these young athletes wanting to
get scholarships wanting to get
into the pros and as a result they train
hard they do all the right things they
do what their trainers tell them to do
they just don't supplement properly and
as a result a lot of these kids who are
really
professional level quality athletes even

when they're junior high in high school
these kids will get injuries that will
kill their career and there's nothing
worse than these people training these
kids getting them up to the point where
they are really superstars and then a
knee blows out or they
tear an achilles tendon or they get a
shoulder injury
they get a back or neck injury they get
a finger injury and they're pretty much
done and their whole life is ruined
because their whole life was focused on
these athletics
and these kids also have a high rate of
depression and suicide because their
whole life has been built around being
the superstar the neighborhood in the
school
in fact suicide and high school athletes
is the single biggest cause of death
in high school athletes wow that's
astonishing
not to mention kids like that or young
people like that blowing out a knee
they've just thrown away a lot of money
that's correct
not only the investment they've already
put in but paying forward so to speak

their future investment
and their life because they know when
they excel and so forth and have all
these benefits
of the training and they have this
natural talent it's really a shame
and so i do make an appeal to parents
and coaches and trainers out there who
might be listening to call your
toll-free number get the information
and give these young athletes a more
complete replacement program
so if they do get injured you know if
you run into a wall you're going to get
injured
you can repair quicker the likelihood of
injury is very very slim
just simply by replacing everything
you're sweating out
got it people listening to this a lot of
folks we're talking about nutrition
especially will say well how long do i
need to take these sort of things
you take all these supplements properly
until you stop using oxygen
got it there's a reason for that and
that's because
our food does not contain these
nutrients
and no matter how well you eat you can

spend a million dollars per meal and
you're still
not going to get everything you need by
eating and so you do have to consciously
supplement
whether you sweat or not but if you
sweat you're really obligated to do it
in a very very
intense way calcium deficiency from
everything that we've talked about in
the past
seems to be again used to use the word
epidemic and wasn't that what got your
attention at one point in time with
twitching eye or something if i remember
the story
yeah my personal story was a teenager 14
years old and my eyelids would put so
bad you could actually hear them making
a noise clicking
and asked my mom what it was and she
didn't know she panicked because she
could see my eyelids
jerking it looked like i had some kind
of electrical thing on there
my eyelids were just twitch it looked
awful and she took me to an eye doctor
we had to drive 80 miles to st louis to
go to one of the top eye doctors

and after a long day she finally
determined that my eyelashes were
long and they were hitting my glasses
and curling back and tickling my
eyeballs
and she gave me a maybelline mascara
eyelash brush and she said i have to
retrain my eyelashes
oh i bet that went over well oh yeah
didn't go over very well of course i was
playing football and wrestling and i
could just imagine myself sitting on the
bench there with
25 or 30 200 pound guys playing with my
eyelashes with a maybelline
eyelash brush and so i just missed that
suggestion
went to the school library and started
looking up muscle cramps and muscle
twitches
in a health book written by a couple of
nurses and they said very clearly that
muscle cramps and muscle twitches are
caused by calcium deficiency
and so i went home and i started using
the calf pellets that we gave the calves
we had plenty of calcium when all the
other kids were eating candy and and so
forth i was eating calf pellets and a
very early age i was very aware

that mineral supplements were very very
necessary like i said i would take a
fencing tool and knock a corner off one
of the trace mineral salt blocks
i would take calcium supplements because
i was small
and playing football middle linebacker i
just never got injured in four years of
playing
because even though i was extremely
aggressive because i was taking all the
raw materials to rebuild my body
and in wrestling where you sweat more
than anything else i would spend
most of my day not in class i was
running up and down the stadium steps
to football stadiums just to stay fit
for my wrestling program
and i know i sweat out a couple of
quarts of sweat a day
and without replacing those nutrients i
know i would have some injuries at least
and certainly may have died
and you may recall a couple years ago
there were many wrestlers who died
suddenly
tried to blame it on some of the
supplements they were taking but
basically they were wearing rubber suits

and trying to lose 5 or 10 pounds to get
down into a lower weight class
and they just sweat out all their
nutrients and died suddenly from that
well doc what if someone to come to you
and say have a son that's
in football or does a lot of athletics
or even a professional athlete
what would you tell them to protect
themselves well basically what they have
to do is take a good basic supplement
program
that gives them all 90 essential
nutrients plus the raw materials to
develop properly and maintain repair
cartilage ligaments tendons connective
tissue
bone matrix lay down the minerals
necessary for a healthy and happy bone
also instead of just using water or
gatorade or one of the soft drinks as a
fluid replacement as they're sweating
before
during and after the events in the
training session they sports drink
it has amino acids vitamins electrolytes
major minerals trace minerals and rare
earths in it
plus three time release energy sources
tastes very good and it's a concentrate

you put an ounce of this
into a quart of water a liter of water
and sip on that you're going to replace
you're going to trickle charge
everything back into your system
that you're losing as you sweat and not
only will this athlete reduce their risk
of death and injury
but also their stamina is going to go
way up they will be much stronger in the
third and fourth quarters
they'll be much stronger in the long
distance races in that last lap
they're going to be much stronger in any
event than the
opponents excellent so dr we've kind of
looked at the problem out there
minerals seem to be the kingpin of what
you're talking about and it's funny
because everybody talks vitamins
that's a good observation craig because
vitamins if you work real hard you can
actually get vitamins out of your food
because plants can take carbon out of
the air manufacture vitamin a and
beta-carotene and all the b
vitamins c e and k but plants cannot
manufacture minerals there's not a
single function in your body that can

take place without mineral cofactors
you cannot utilize oxygen you cannot
utilize energy you cannot utilize
vitamins you can't utilize the proteins
you can't utilize
enzymes you cannot utilize hormones
nothing in your body will work without
one or more mineral cofactors
and yet our foods cannot manufacture
minerals like they do
vitamins and so over the years i
realized that the
minerals were the limiting factor and
the lack of minerals were the limiting
factor to
long life healthfulness athletic prowess
and stamina
and i probably have known that since i
was 14 years old and certainly developed
and collected a lot of information to
back up that belief over the years
and basically minerals are the limiting
factor and so you have to consciously
supplement with them properly especially
if you're an athlete and sweating
the vitamins even a blind hog will get
an acorn sometimes
they supplement fortify white bread they
fortify rice they
fortify chocolate bars they fortify just

about everything what's this document
264 you faxed over to me
well u.s senate document 264 was
actually published by the u.s senate in
1936
and the u.s senate published this back
in 1936
and it's at that time that there is no
longer sufficient amounts of minerals in
our farm and rain soils
to give us everything we needed and as a
result the plants the food plants were
grown there were merely deficient
as a result the animals and people who
ate these mineral deficient crops got
mineral deficiency diseases
and according to us senate document 264
the only way to prevent cure these mural
deficiency diseases
was to supplement properly and we've
known this in 1936
that's back the time when we began to
supplement vitamins and minerals and
trace minerals into animal feeds and
came up with mouse pellets and rat
pellets and hamster pellets and
guinea pig pellets and horse pellets and
canned dog and cat food and so on
to assure them optimal amounts of all

known nutrients they couldn't pick out
what they wanted
unfortunately for human beings we're
left to tv advertisements and newspaper
advertisements and magazine
advertisements
and ignorant trainers who tell people
well just drink gatorade just drink
water and just drink pepsi cola
because we get good kickbacks from them
i can tell you this is incredible
in fact i've got some young children
that now in the back of my head i've got
all these
questions going through my head on how
to make sure that they survive this
ordeal of growing up and and being
athletes
but unfortunately we are right down to
the wire we're going to have to ask you
to come back
maybe do this again love to do it craig
i want to thank you for being
with us this has been dr wallach
national lecturer on the dead doctors
don't lie series
best-selling author physician
veterinarian and all-around good guy
thanks for being with us and for craig
walcott here at health talk

have a healthy day

i'm here with one of my favorite guys

mike glenn

stinger from the nba from the atlanta

hawks and

currently commissioner of the wba how

you doing mike

oh i'm doing good doc i'm really glad to

be here i'm feeling good i've already

had my rebound drink today so i'm fired

up

ready to go another game ready to go

another game let's play two as ernie

banks used to say in the sports world

well um one of the things that's really

been fascinating

over the years is to watch uh athletes

professional athletes and you'd like to

think that fitness is

is the answer to health and longevity

and yet the top athletes

have a struggle they break down they get

tendon problems

cartilage problems ligament problems

they get bone

problems muscle problems and you think

if fitness was the answer to

solving health problems and living a

long time the

professional athletes would have a very
high percentage of them living behind
and with the exception i i know this is
a fact mike
with the exception of two black
gentlemen from the old negro baseball
leagues
there's never been a professional
athlete ever lived behind you're right
one of those
ted double duty rat cliff who was a
catcher had a pitcher in the negro
leagues died at a 101 i believe it was
but you're absolutely right other than
him i don't
nobody yeah nobody and uh there's a
universal reason for this of course and
and regardless of the sport you play in
whether it's basketball or football or
hockey or soccer or boxing
whether it's skating or any other sport
whether it's amateur professional
they all universally sweat yes and
when you're sweating mike you know
you're not just sweating out water
you're sweating out of a soup that
contains all the known essential
nutrients
and if you're just drinking water you're
just drinking soft drinks

if you're just drinking one of those
energy drinks that has one or two
nutrients and we'll talk about them by
the brand name in a few minutes
uh you're going to be sadly disappointed
you may get a little energy but over the
long haul
you're going to break down and the odds
are you're not going to make it to 100.
and so what what's your take on this
what have you seen
over the years in professional
basketball doc
not only statistically doing research
but in my own personal life i
just turned to 50 this past year
and seven guys that i played with in
college
uh have passed on all of them from
health related uh
occurrences nothing accidental so i see
in my own life
the deafs and so many of my former
teammates in the nba and college they've
had
two hip replacements knee replacements
they can hardly walk
they are really struggling so i've seen
it firsthand

that a lot of the athletes of course we
read about the
super athletes like kirby puckett that
recently passed and
the ultimate basketball hero of all wilt
chamberlain
a guy who averaged over 48 minutes a
game for an entire season
averaged 50 points a game he was just
super human
for our season and we see wilt pass at
63 and
other heroes of sports like of course
walter payton one of the greatest if not
45
45 maybe the greatest football player
that ever lived and
even somebody like wilma rudolph whose
records are still right up there at the
top
and it was years and years ago 1960
since she won
those three gold medals but she was a
tremendous athlete
54 a natural athlete had no type of
enhancements whatsoever
and when we see great athletes like that
and even in our own
communities younger athletes than that
dying we know

that there's something wrong that the
people that think if i'm just exercising
then
i should live long that the message
should clearly be there for them
there are other things and exercising
and being a great athlete
as far as longevity and health is
concerned yeah you're exactly right
the commissioner i'll call you
commissioner yes sir and um
you know you look at somebody like
reggie lewis died at 28
cardiomyopathy heart attack adjourn uh
actually he had one heart attack during
a playoff game with a charlotte harness
right and then some weeks later he
died of a second heart attack selenium
deficiency and then more recently
there was a young lady at 19 years old
rolanda pierce
she's a freshman at florida state
university six foot five
she was going to be the michael jordan
of the wnba she is going to be it
she dies with a ruptured aneurysm at age
19 something that turkey wouldn't die
from
because we eliminated ruptured aneurysms

in turkeys 1947
we learned that they're a simple little
copper deficiency and
just by taking copper you can prevent
that so
i know the story but why don't you share
the story
of one of our favorite modern athletes
theoretically
sure i of course i'm very knowledgeable
of all the great nutritional
products that i take and how they work
and as a broadcaster for the atlanta
hawks i was talking to one of the hawks
players not theo ratliff and i was
speaking kind of quietly
this gentleman had several challenges
and i was talking to him a little bit
about nutrition and theo overheard me
theo said mike can i can i get with you
i want to talk to you
about those nutritional things and i met
with phil oliver a guy who had uh
introduced me to the products and i said
phil we need to go out to dinner with
theo ratmif
so we went out with the other was a
young tremendous athlete
it made the all-star team philadelphia
76ers had traded him

to the atlanta hawks which is a red flag
right away why would you trade
a young 610 shot blocker who's a
tremendous person follows all the
trainers instructions
all the coaches instructions he's a
family man he's doing everything right
why would you trade a guy like that he
was not a druggie felon
exactly not exactly right this is the
kind of guy you
want to try to get on your team not
trade him away
so we met with theo doc and we went over
all the nutritional things that he
needed and we pointed out
that he was very deficient of his
nutritions that he needs daily essential
nutrition and
we told him the things that he need we
told him a comf
we told him he needed essential fatty
acids we told him he needed calcium he
needed plant derived minerals he needed
a combination of plants
minerals and amino acids and he needed
glucogel
to really repair and rebuild himself
theo listened and he followed our

instructions he took
all of this nutrition morning and night
and he did that and he really recreated
himself theo had been a guy doc that
when he got to the atlanta hawks his
knees would swell
his ankles were arthritic he had a
detached bone in his hip
and theo was like 26 years old i mean
old man's disease he's 26 years old yes
just like we were speaking of earlier
here he's sweating out all these
nutrients
yes and he's not taking him back in to
maintain and repair his body
yes he was not supporting that
maintenance system
he was depending on aerobics and fitness
and muscle training and strength
training
yes yes because the trainers were
telling them that doc they were saying
well maybe if you
stretch a little bit more so they had
him on icing and stretching
and lifting weights to strengthen those
muscles in the areas of the injury
and none of it he was continuously
falling apart
so we said theo if you take these things

and if you take them every day we can
repair and rebuild you and theo did he
took them religiously uh
one of the few athletes that we've
introduced this to that have recognized
you can't just take it one time and say
oh i didn't feel anything so i just
stopped taking it because they've been
taking inferior products
so theo took all of the nutrition he
went from a guy that
missed 79 out of 82 games
the previous year he only played in
three games doc
and i was right there in the locker room
afterward after each one of those three
he was hurting he's oh my help is
hurting i don't know if i can play
anymore and
coaches would can you just uh play a few
minutes tomorrow night
you know he's 26 years old exactly like
you know the owners are thinking we're
paying you a lot of money for these
little few minutes
all those uh dynamics entered into
professional sports but he could not
play anymore theo was just
in pain and he was only hurting himself

further so he went from there
to taking all the nutrition to
rebuilding himself theo got to the point
where he was playing 82
games pain-free he wasn't even icing his
knees now i played 10 years in the nba
all centers iced their knees their
standard equipment you put your shoes on
you ice your knees after the game
those go together so theo was so healthy
he had no pain in his knees no pain in
his hip he was pain free
he was just jumping out of the gym just
blocking shots led the nba
in shots blocked and was one of the top
vote getters for defensive player of the
year
theo was recreated he was healthier than
he had ever been before
well and then i know something really
really good happened to him
after those two great seasons with the
hawks
what happened then well we were talking
phil oliver and i were talking about
how he had really uh come around and
been created and phil came up with the
idea he said we need to really have a
sports drink
built around field so that when theo

is uh out there he can take all these
nutritional
drinks and supplements while he's
playing and that's when we came to you
doc and we said
can we devise an energy drink that's
full of this nutrition so that while
theo is playing
and other athletes and other everyday
people while they're living their
everyday lives they can take this energy
drink
and feel an immediate sustainable energy
boost
that will take them throughout the game
and they'll even feel better the next
day
so it sounded like a tall order but we
knew that it could be filled and
and that's exactly what happened rebound
fx was uh
created uh we tossed around what would
be a good name and we thought that
theo had rebounded his career and
rebound such a
a part of basketball rebounding uh you
know
you can't win without rebounding so all
of that made a lot of sense and we came

up with the name rebound fx and
theo has taken it theo has introduced it
to a lot of other professional athletes
as we have as well
and it has just developed and earned the
reputation of being the best sports
drink
in the world and coming from a sports
background my nickname is the stinger
and all people know you have to earn
your nickname so
if your name is rebound fx you have to
earn then rebound
has certainly earned that name rebound
fx
yeah i can remember there's one
professional basketball player i can't
mention his name but
i remember one guy one of the top nba
players
uh he wasn't going to play on a sunday
and we were at one of those
basketball clinics on saturday and they
actually had to have
one of the kids who was there who was
going back to miami
hand carry a case of rebound fx to this
basketball player because he wasn't
going to play without it that's right
what a great story doc you're right

the trying out for the wba you mentioned
i'm the commissioner of the world
basketball association it's a young
league we work with young guys and try
to give them opportunities exposure and
development
this young kid had come up to atlanta to
try out comes from miami to try out
and uh one of our professional athletes
that has taken rebound had a game that
sunday
and as you know fedex and ups and a lot
of the
services that deliver don't really do it
very oft
on the weekend so we were having a real
difficult time because he had to have it
he knows the benefits of it
we show the comparison of rebound to
athletes and they
know how significant it is to get any
little edge because the difference in
winning and losing and superstar the
regular player
and making the nba not is sometimes
fractions of a second so any edge that
they can get
athletes know they want it so this kid
was going back to miami and we we had

the idea
we met with the kid and said look we've
got an athlete that
needs this rebound desperately can you
on your trip back
take a cab soon as you get to the miami
airport take a cab go directly to the
arena
meet the security guard in the back door
and give this uh
rebound fx to this athlete and he will
give you two
courtside seats for it
the kid was so elated and so happy he
said will i
i'll be glad to so the kid was we didn't
have to tell him about the benefits of
rebound it was obvious if this
professional athlete
superstar athlete wanted it this much it
had to be very good
and he got a chance to sit on the floor
right near the player's bench and see
the game as he'd never seen it before
and see rebound it worked athlete got
his uh his energy drink and he drank it
throughout the game
and the benefits it was just a win-win
and a beautiful story for everyone
yeah that's that's i love that story uh

mike thanks for sharing that

sure of course you don't have to be a

basketball star or a football star

a boxing star a baseball star to take

rebound effects if you're

the sort of person who needs a

pick-me-up of a cup of coffee or a soft

drink at 10 in the morning at

three in the afternoon at 8 o'clock at

night

you want to try rebound fx does not have

carbonation

it doesn't have sugar it doesn't have

phosphates in it

doesn't have the things that are

negatives from a standpoint of nutrition

and as a result we find that the people

who were using rebound fx

are people in addition to the athletes

of course it was originally designed for

athletes this is

this is like gasoline for a high

performance race car

and you're not often going to get to use

that in street cars

you know on the street because it's just

such a high performance fuel

well here's a high performance fuel for

professional athletes

that's accessible and usable by the
average person on the street whether
you're kind of a weekend warrior
and you play in the company's softball
league right yeah or
you like to go bowling on a friday night
or you just like to um
oh play tennis or bask pick up
basketball
um there are so many people who
break down regardless of their age
whether they're in their teens
on their young adults in their 20s or
30s yet middle-aged people
and they break down they say to me doc i
don't know why i'm breaking down like
this i'm doing everything right i'm
doing all my fitness stuff and i'm
drinking all the water i'm keeping
hydrated i'm exercising
or i'm drinking one of these other
sports drinks energy drinks and you
start showing the comparison
right and they say well wait a minute
this very famous sports drink only has
two minerals in it and rebound fx has 77
plant minerals
it has a total of 128 nutrients in it so
how can you compare
an energy drink that has two nutrients

versus one that has 128. right that's
just impossible and
doc oftentimes when i'm telling athletes
that i'll say
imagine now that you're in the boxing
ring we're going a few years back and i
show them the comparison i say
uh you got this one minute break between
rounds and you're fighting the young
mike tyson which one do you want
so that brings it home clearly right
away
give me a double dose of the rebound
they say so they
athletes really see the difference
though the comparison all the nutrition
the energy the pickup
the ability to sustain your energy it's
just a no-brainer for anybody really
you know rebound fx has really taken off
mike and just because it is a
performance
drink it is an energy drink and it is a
nutrient replacement not only a fluid
replacer but it's also a nutrient
replacer
and it's so convenient you don't even
have to pay for a lot of water
to be shipped to you it comes in a

concentrate you can get the samples a

one serving sample

or you can get the concentrate that has

32 servings in it

you can make it really concentrated as

32 half quarts

or as it's designed for 32 quarts

and you're only paying for the shipping

of one quarter of water instead of 32.

so we're very excited about the system

it's really been very well received

by the professional athletes from all

sports uh can you recall any comments

that maybe some of these professional

athletes have had about

rebound fx oh i have doc so many

athletes have really taken to it and

they've just ordered it in bulk

i mean we have entire teams that will

purchase as much as almost two thousand

dollars worth at one time and say

i want to have this here for the

remainder of the year

and i don't want to have to worry about

when it's shipments coming in

and they just take it every day they

just will not go on the court without it

it becomes

that much more part of you you just

become you feel so much better when

you're walking on the floor
with that confidence as well as the
energy your body is just feeling good
and they know they can play at a very
high level so we've had athletes at
every level whether they're in the
peewee level
the high school level the collegiate
level or the professional ranks and and
in all sports whether they've been
football
boxing basketball baseball track
you name it we've had athletes across
the board that have just really loved
taking rebound to fx
well you're kind of an all-around guy
and one of the many many reasons we have
a deep respect for you and we love you
is that you develop this
league for deaf basketball players yes
and
we really really appreciate that and are
these kids using the rebound fx
yes doc i'm glad you asked about that
this is a of course my dad coached at
georgia school for the deaf so i grew up
around deaf kids
he coached basketball track and softball
there

in the late 50s and early 60s so i grew
up around
deaf kids and i developed the nation's
first basketball camp for deaf kids so
we get
high school age boys and girls basically
from all across the country to come to
my camp
we have a week-long of regular
basketball camp three times a day
and on the last night of the camp we
play an all-star game where
my best deaf kids play against local
all-stars from the community
so they're kind of tired it's been a
long week but they're very excited about
representing the mike glen camp for the
hearing impaired and about deaf people
showing that they can play basketball as
well as anybody
else and so we played and i remember the
first time i
introduced rebound fx to them i just
told them very briefly this is a good
drink it has some nutrition it'll help
your energy
so we're going to have it available for
the game so they said okay
and you know how high school kids are
they want to hire taste and what is it

and
they have been so accustomed to other
sports drinks and so i just put it out
and they were coming from and i
i told them huh drink some of this i had
someone to give it to them and i saw
their reactions
when they go back on the court they had
the energy they came back and i say
which one i want some more of that one
they were signed and they wanted the one
with the rebound in it and they didn't
even know of all the nutritional things
but
all the whole teams the girls and the
boys were taking it
and after the game they were saying how
can i get some more of that so without
hearing the whole story
and knowing what it was going to do for
them that's like just a blind test
it was for a death test in this case but
these kids
just tried it felt it they knew it
worked
and they wanted it so and we've had
rebound available for them
throughout the week now for the last
couple of years but

it is just a part of the deaf community
the deaf sports scene
and still growing uh in every avenue you
can imagine
well thank you for that feedback mike
and since you brought up the test
word yes um the thing that we're really
proud of with rebound fx and
many other of our products is the fact
that um in new zealand which is probably
the toughest country in the world when
it comes to
testing urine and testing sweat of
players
to make sure that they're not taking
anything that gives them an advantage
something that's been banned
uh has been approved by the the agencies
uh in uh new zealand that test for these
things
and therefore it's also approved because
they're the toughest in the world
it's also um been approved by the
ioc wow the international olympic
committee
and what does that do i mean i know that
amateur and professional athletes got to
be worried they're going to take
something new
is it going to affect um their

their ability to plays are they going to
get banned from playing if they take
something with some weird herb in it
or something it shows up in their urine
their sweat or their blood
um how important is that to a player
that is doc
because there's so much emphasis on it
now in the media
every all the emphasis on steroids uh
different drugs that
uh and athletes that have died famous
athletes and often they try to infer
that it was because of
something that they were taking or
rather than some that they're not taking
there was a baseball player who died of
uh something
and then attributed to the ephedra that
he was yes and
then boy congress got in it they they
banned if
ephedra and then an attorney went back
and sued the government and the fda
to get a federer back on the market but
it has to be like
a very very tiny tiny dose you'd have to
take a whole bottle
get the same dose as you used to be able

to get oh okay right and i think that
doc
has scared a few people like ephedrine
so so they they have this uh undue alarm
so to know that it has been stringently
tested that these are beneficial
nutrients and that's what we really
stress to people that this is nutrition
this is not some drugs
chemicals that you're putting in your
body this is the safest and the best
thing
because they are plant derived minerals
have been pre-digested by plants and so
we explain that to them because uh there
is this concern that if it's anything
new that they've not heard of that
maybe it's one of those banned
substances that are
will even make them illegal to play or
will hurt them
in the long run but once we tell them
these factors
they they take it with confidence and
they know they feel it and like it
and then they pretty much go on from
there yeah this is a
rebound and several other products from
from
our wonderful collection of products

has been approved by at least one and
maybe two
agencies in new zealand and again it's
the toughest one in the world
and so the ioc the international olympic
committee
just as long as new zealand says it's
okay they don't even
look at it sideways and so um this has
really opened up the whole
amateur athletic league whether it's
junior high high school
university olympics and we're so very
proud of that because
we don't want these young kids who work
so hard they learn the sport
the the actual technology of the sport
they learn the system of the sports and
then they get
fit and then they start breaking down
and it's always the top ones yes
it is doc and i think the top ones work
harder you know uh
people in sports recognize that
sometimes people outside of sports think
they're just
naturally gifted which they are gifted
or that they're just naturally blessed
and it comes

easily to them but from my experience as
a professional player from
interviewing writing books about them
and seeing how they work
the guys that are stars are usually the
hardest working guys on your team
which means naturally they sweat the
most they lose their minerals the most
and we found these adverse health
effects on the best players because they
they sweat the most i mean they put more
energy more emotion more time
they're into the playoffs in the nba if
your team does not make the playoffs
your season is over by the middle of
april but if you're going to the
championship
game every year then you're going on to
toward the end of
june so you have much more intense games
and practices and you add that year to
year to year
those superstars that are going that
those extra miles
they're going to be the one most
adversely affected
well um thank you so much for sharing
all this information
and i know that people are going to want
to hear this this

material that's going to be so vital to
their long-term health
and also their their day-to-day health
on the short term
because nobody wants to be walking
around on crutches nobody wants to be
sitting in the chair when you want to be
out playing
that's the truth doc and you know you
made me think of something else very
quickly though
my wife who is a uh she likes to walk
and exercise
try to stay firm and slim around this
area doc
in the atlanta area you have a lot of
people that like walking up stone
mountain and walking
around the mountain so you have a lot of
people that are just doing those kind of
exercises daily
and i know phil's wife likes to do these
kind of things as well
and they both are taking this rebound fx
every day they're taking it to walk the
mountain for their exercise all their
friends are taking it
so even if you're not as we've mentioned
a professional athlete and you're

competing at that level if you're just
an everyday person that wants a little
extra energy and nutrition
uh it works very effectively it tastes
great and
it gives them that little extra energy
and they they'll do an extra mile or two
when they're taking that rebound and
they find out that
uh they'll lose weight quicker and
actually and feel better after they
finish walking
okay i'm gonna end this uh mike with
rebound rebound that's our dream
i like that yes indeed let's be back in
the sports world
okay thing you hear mike lynn and both
mike and dr wallach talking about you
know
rebound and how we came about with
rebound and
uh basically how our relationship
yourself and myself and mike
um but i wanted you to kind of tell your
story and just kind of emphasize
why were you such a different athlete in
receiving this
versus your colleagues and what has it
meant to you
well phil um you know it's been

tremendous to me
as far as helping rebuild my career and
furthering me along and giving me the
ability to extend my career
you know it's been well documented of
the different type of injuries
that i've had throughout my career and
it always
got to a point where i couldn't figure
out what was going on my body
and um i overheard mike glenn speaking
to one of my teammates when i was with
the atlanta hawks
back in about 2002
talking about minerals and calcium and
mineral deficiency
and so when i heard him i said yo mike
come over here
and speak to me about that a little bit
and um
he graciously as he is as he is a man
just came over
to and gave me some knowledge about what
it was he was speaking of
and it was uh profound in what he was
what he was speaking about
because i had never had it put to me in
that manner as far as athletes
becoming mineral and calcium deficient

you know
throughout their sweating out all their
minerals during play
and also with the amount of energy and
stuff that we exert
during play you know i become a
deficient in those areas so
he told me about the great products at
uh youngevity
and i was able to get on the products
diligently
you know and rebuild you know the
cartilage from my hip
injury from my knee injury and just all
the different things that i had
going on at the time you know i was in a
situation where
i had the hip injury where i couldn't
figure out what was going on
and you know why these things was just
happening to me
you know because i always try to keep
myself in a superb physical health
and always ready to get out there and
play ball
but you know i was getting these minor
injuries knick-knack injuries
and stuff that was just stopping me from
continuing to be the player that i was
you know like i said with the minerals

that all changed once i got on the
minerals and got to doing the pig pack
plus
and taking the calcium and being
diligent on it
and taking it you know as it was food
you know every single day
twice a day i was able to rebuild my
body
and to be able to extend my uh my
playing career
well theo you know you uh they had a
wrap on you that you were the kind of
guy that got a lot of injuries so why
don't you just trying to tell me
when did your injury start and
what you know at what point did you
realize that there was something else
that you needed to do
well i would diagnose even when i first
came into the league
they said i had a degenerative bone
problem
so that that was when i just had come
out of college
i i wasn't any more than 22
21 22 years old at the time so i had
back issues
so as they looked at the uh

mri i had to take mri and a whole bunch
of exams
and order for teams to even
take me i had to take all these things
to try to make sure that
you know everything would stay intact
and they gave me
you know only five or six years in the
league
tops was where i would be at my you know
at my peak position and everything would
be down here from there
because they saw the degenerative
changes that early
in my career you know lo and behold i
was able to extend
you know my career as far as uh
being able to play and be you know i was
in a position where i was in the
playoffs
as an all-star in 2001 right before
um i received my hip injury which
no right before i received my wrist and
where i
just went up for it blocked shot just
normally coming down trying to catch
myself
you know fracturing my wrists having to
have surgery
and then trade it to the hawks and um

then my wrist healed and
during that same summer right before the
season started
i ended up tearing college i didn't know
what it was i just went up for the ball
jumped for a ball a routine thing that i
do
you know a thousand times a game and you
know
tearing cartilage in my hip nobody knew
what the diagnose was
you know i had to go see all these
specialists and different things that
would
you know and finally figure out what was
going on so i had to have a surgery
for that and in my trying to recovery
from that surgery
i just um wasn't getting back
to being able to play the game and it
had gotten to a point where i had
set out all year tried to come back a
couple of times
and it just wouldn't happen for me so
i had you know lost faith in you know
what was going on as far as
we're trying to heal and was real
discouraged with what the doctors and
stuff were saying

and you know i thought i was pretty much
done with
because i wouldn't be able to be the
same player that i was before i had the
hip
injury but with with that said
i had a great guide for oliver to
school me on exactly what i needed to do
as far as taking the minerals
and the calcium along with mike glenn
and you know just got over my problem
by being diligent on taking the product
and so from that we produce rebound
yes so how is rebound now that we have
this rebound effects
how has it benefited you and even some
of your colleagues
well after being such a diligent uh
student of the minerals and the
councilman constantly
uh rebuilding my body um
we kind of jointly may feel mike
kind of jointly came up with the idea of
having an
energy drink to help sustain
me throughout the game when everybody
else was going down in the fourth
quarter
my energy was still elevating and
staying at its peak position and

you know with that said being
three-time you know shot block leader
you know one of the top defenders in the
league
been um pretty much winner up to being
defensive uh defensive player of the
year
and different things of that nature um
it definitely
helped excel my career and
by me having such a success me seeing
the success that i had
i wanted to wanted to go out to my
colleagues and try to introduce them
to these products as far as with the
minerals and
have them to understand what what's
going on with their bodies when they're
going out they're sweating
sweating out their minerals using your
calcium during play and being able to
replenish themselves with something that
was
healthy at the same time efficient so
prior to that nobody explained to you
about sweat how important
what you're sweating out is replacing it
back in prior to meeting dr wallach mike
glenn and of course myself no one

because you were around nutritionists
you're around doctors no one ever
explained it to you in that manner no no
no one ever
really broke it down to me on what
minerals
are how they work you know we get the
basic
four food groups and you need to be
eating more
carbohydrates and different things of
that nature but never to the detail
on what helps build your body and what
helps you sustain
your body as far as how you lose and
sweat
how you losing your minerals through
sweat and different things that nation
no one ever
sat down until i met you with
you uh phil mike and dr wallach
and they really uh educated me on that
and so now we have a crusade we're
trying to just
expose this information to not only just
athletes
yes but to everybody who needs energy
everybody needs these minerals
how often do you need them oh you need
minerals like i said just like you have

food you know every single day you need
to replenish yourself
with the right minerals and you know to
help
have longevity you know in life you know
to
to live with you know being disease free
you know different things of that nature
being able to have a healthy lifestyle
that's that's what it's all about that's
our crusade is to
try to give everybody ultimate help well
i tell you that's a great crusade and uh
we thank god for you for rebounding fx
and i think we'll sign off with saying
let's go rebound
let's go rebound all right
[Music]
[Applause]
[Music]
any food and dietary supplements that we
mentioned in this presentation
are intended to contribute to the daily
diet and overall health
and they're not intended for use in the
prevention treatment mitigation or cure
of any disease or health-related
condition
individuals who have or suspect that

they have an illness or who wish to
commence a diet or exercise program
should consult an appropriately
licensed health care practitioner for
medical history evaluation
diagnosis treatment and health
recommendations
welcome to the health and wellness hour
with dr joel wallach and pharmacist
keith abel they believe when it comes to
nutrition and supplementation
the modern medical system has failed you
that our body is divinely designed to
repair itself given the correct
foundation of nutrients with a combined
85 years experience in health nutrition
and supplementation they bring a unique
perspective on how to
manage disease and improve one's health
over the next hour dr walick and
pharmacist keith will discuss
health and wellness topics seen in the
news they'll discuss trends in nutrition
and supplementation and how you can take
control of your own health and your
future let's get on with the show
hello everybody welcome to the medical
system has failed you call
my name is pharmacist keith abel i am a
practicing pharmacist

i'm a certified holistic health coach uh
a home business entrepreneur and i help
other people
get healthy and create some extra wealth
for their families
today we have a very special guest in a
a special episode it's dr
joel wallick he is a soil scientist
a veterinarian a pathologist a
naturopathic physician
he's got over 60 years of biomedical
research under his belt
he's done over 20 000 autopsies over 3
000 autopsies on humans for comparison
he's authored over 75 journal articles
peer-reviewed journal articles that are
both in
medical journals and scientific journals
he's written 15 books i'm sure he's
working on another one as we speak
because he's always
writing prolific writer he his original
cassette tape the very first cassette
tape that he ever produced
it's called dead doctors don't lie that
has now been
reproduced into cd dvd
video and there's over 600 million
copies in nine different languages out

there so dr wallach i want to welcome to
the show
and thanks for taking time out for us
okay well thanks for the kind words
pharmacist keith and thank you so much
everybody for
joining us early in the morning out
there in in
hawaii and sort of mid morning on the
east coast here
and who knows the time zones and so
um basically um i i
want to say a couple of things here uh
number one you've done a great job on
the
background there except that i've done
32 000 autopsies 8 000
humans and my thesis
for my post-doctoral fellowship which is
kind of like a phd degree
in my pathology is in the smithsonian
institute as a national treasure
1988 i got the um
let's see here i got the wooster beach
award from the eclectic scientist
in 1988 2011 i got the
klaus schwartz award for showing that um
the selenium deficiency causes so many
things and of course
slim deficiency causes the liver and

pancreatic lesions of cystic fibrosis
we've pretty much eliminated cystic
fibrosis thought to be genetic disease
which is not um we've eliminated mustard
history you haven't heard anything about
that and of course i gave
this information to jerry lewis um gosh
he's got to be
seven years ago now uh he was so excited
to
see these charts of all these kids we
had reversed their mustard history and
he took it to the most recipe
association they immediately fired him
in 2011 and i actually have a two cd set
coming out here this week
that documents that terrible terrible
series of events
and then by 2015
the telethon was dead because without
jerry lewis
they couldn't raise a penny and so um
and then of course um let's see here
april 16 2013
a federal rule that there's one nutrient
that i've been yelling about for 25
years
had to be put into baby formulas and and
of course for those 25 years the medical

system says don't don't put that
nutrient into baby formulas it's
poisonous
okay it's an essential nutrient and this
rule that had to be put into the baby
formulas like infamil similac that sort
of thing so it was
and a year later we're talking about um
let's see here september 13 2014
uh big headlines i mean we're like third
world war
big bold headlines in the front page of
the
um charlotte observer okay kind of like
new york times for new york charlotte
observer
in charlotte north carolina we don't
know why but son of a death syndrome has
vanished in the state of north carolina
three months later the state of missouri
came out and said we don't know why but
the
sediment death syndrome has vanished in
the state of missouri three months later
every newspaper in the world came out
and said we don't know why
but the rate of excuse me the rate of
sediment death syndrome has dropped
drastically by 85 to 95
in every country that's because we had

that one nutrient put into the baby
formulas
baby formulas only had three minerals in
it there's 60 essential minerals
where are they going to get the other 57
chewing on their crib rail i mean
come on and so um this is i'm very very
excited about that
and then of course now comes kovad
okay and you have to appreciate right
now
in america there's almost four million
there's three million
eight hundred ninety eight thousand six
hundred ninety four documented cases of
covet virus
uh deaths in the united states as of
this morning we're 143
289 okay and all this is totally
unnecessary
and i knew this as soon as it came out
and i looked up covid virus in october
last
year and
um when a three-year-old a five-year-old
a ten-year-old a fifteen-year-old gets
the covet infection
pharmacist keith they might get a fever
for three or four days of 100 degrees

right barely be registered as a fever
and and and is over with they get
minor common cold like symptoms when a
20 to 30 year old get it they might get
some
a fever of 10203 they might have some
stuff going on and they'll put them in
the hospital for a couple of weeks
because that's what doctors do
and very few die and then
you get into the 30s and 40s we're
talking about millennials
they're a little more susceptible to
serious life threatening stuff
and you get into the 60s 70s and 80s
have a very high rate
of serious complications and death so
what's the difference between a 73 year
old
and a three-year-old why does a
three-year-old only get common colic
symptoms in a 73 year old dies
okay well that's because a 73 year old
has been eating
gluten for 73 years now gluten damage
your intestines is not an all or nothing
thing it's not a light switch on light
switch off
it's one of those things where um
it's a drip drip drip drip drip thing

and so
you can be eating gluten for 20 years
you might get eczema
okay you might get a little rash that
kind of stuff
let's see that kind of thing and then um
when you look at it let's say you're 50
years old now
you could have 50 60 70 of your
intestines damaged and you still really
don't have any real serious things
you might get diagnosed with
oh things like irritable bowel syndrome
celiac disease diverticulitis that kind
of stuff
crohn's disease and a doctor will put
you on
some and what your pharmacist you know
they'll put you on some steroids
and anti-inflammatory stuff to calm your
intestines down
and most of them if they really know
what they're doing they'll put them on
what kind of diet a
gluten-free diet okay when they have all
these bowel issues
and they calm things down but if they
don't get on a gluten-free diet and
they're still eating gluten

it keeps getting worse and worse and
worse and worse by the time they're 73
years old
they have 95 to 98 of their intestines
damaged less than three percent
absorption efficiency
and now we got big problems now we got
big problems and here's the deal
when you look at the cause of death i
went through and looked at literally
thousands of autopsies here
okay online and thank god for that i
don't run around looking at bloody
bodies anymore
and so i'm looking at all these
autopsies have been reported you know 10
here 20 here three here
and the the cause of death
the cause of death of these people is
not a viral
pneumonia the cause of death in most
cases is either the pre-existing
conditions
okay such as diabetes obesity
it could be let's see here they can also
throw in
hemorrhaging i think 40 percent die from
hemorrhage
well why is that well one of the things
that comes along early uh in a coveted

infection

is um something called um let's see here

let's see that written down here oh

thrombositic

cytopenia which means that their bone

marrow is not making any platelets or

very few

and so they begin to get well i got a

bloody nose my i have

bleeding gums i'll send you to the

dentist no

it's a bone marrow thing okay and then

um they they're anemic and so they get

the injections of b12

and iron shots and they'll give them

transfusions

okay and then they don't have any white

blood cells and so

there's nothing there to defend them

against the coveted virus now when

they're three years old there's none of

that happening yet

and so their bone marrow sends out the

white blood cells to kill and eat the

viruses

their stem cells and their bone marrow

and we're talking about three year olds

now their stem cells make

antibodies to kill the virus and then

they're making lots of

platelets they don't have any bleeding

okay and so all this is is going on here

and so i finally found it i found what i

was looking for

okay what happens when somebody comes to

a doctor and they've got covid

they've got all i mean they've got every

possible complication of kovat except

death

okay they're they are in trouble

and he says okay you've got some

celiac disease here and diverticulitis

i'm going to put you on steroids

okay and i'm going to put you on a

gluten-free diet

and these people will never die

the ones who are not put on a

gluten-free diet will die

from either hemorrhaging okay or their

pre-existing conditions obesity diabetes

i would pressure

uh kidney failure that kind of stuff but

they don't die

of a viral lung infection

and so you know what i've been doing i

said this in october of last year

that take people off of gluten get them

on the 90 ascension nutrients give their

bone marrow everything it needs to to

make

white blood cells okay antibodies

platelets red blood cells and

we're good to go and so this is what's

happening now now it's being reported

that people they say we don't know why

this is i love it when they said we

don't know why

but people with a chronic history of

celiac disease or irritable bowel

syndrome

they don't seem to die when they have a

co

when they have a copen infection and of

course

they're not paying attention because

these people

are on a steroid to lower the

inflammation intestines

they're also on a gluten-free diet

so their intestines can absorb nutrients

all these pre-existing conditions are

nutritional deficiencies

they're telling you the reason why these

aren't genetic although doctors say oh

your diabetes is genetic no it's

a simple nutritional deficiency hybrid

pressure is not genetic kidney failure

is not genetic

liver cirrhosis is not genetic um things
like
psoriasis is another feature of a um
celiac disease because you can't absorb
the nutrient sensor to prevent it
oh you got lupus it's an autoimmune
disease which is just fibromyalgia which
is a simple nutritional deficiency
disease
with another nutrient deficiency so they
get this little um
rash on their face okay um they get the
um um
little rash on their face and they say
oh you got lupus no
you get them on a gluten-free diet get
them on the 90 and all that goes away
they will not die okay so that's the
news
i'm very excited about that and so we
need to get this information out there
to everybody
whether you've been diagnosed with ibs
or crohn's disease or celiac disease or
not
get gluten-free get on the 90s nutrients
throw in some extra msm vitamin d3
and some collagen and if you don't have
any other issues
you're going to be a happy camper and

you're going to live a long time so
you've been doing some
comparison of some of the studies coming
out of
the lesser-known studies coming out of
china from what i understand
that's right um and of course um when
you look at it
and people and i said this back in
october of last year
uh because wuhan province that's where
it all kind of started
and i said they had to be eating gluten
they said that's just china they're rice
eaters they said no
wuhan there's a lot of western people go
there there's a lot of stuff going on
from the west and so they provide food
there well it turns out
that their biggest grain crop is wheat
for export for financing and cities
where there's a lot of europeans and
north americans go there
um for business or or
university classes or training or
something are just tourism
they have all this wheat stuff and
there's a certain percentage of the
chinese population

well i like wheat now you look at the

the people

who have the highest percentage of death

rate

okay this is right away this was in

january of this year

the italians ten percent

the average in the world is less than

four percent like three point eight

percent

italy was ten percent because everything

they eat was gluten spaghetti

noodles mustardy pizza crust

okay they're beer they're scotch they're

bourbon uh they're why whiskey

everything is made from wheat brother in

oats

right and then you take germany their

neighbor right next door

to them they have the lowest rate of

cover death

0.5 percent because their source of

carbohydrates

is potatoes you ever hear a german

potato salad

potatoes baked potatoes potato salad

mashed potatoes corn and rice

okay wheat is a very small thing for for

the germans

and their rate of death is 0.5 percent

uh so this i knew right away
in you know in january of this year what
it was
but nobody would believe me and so now
as you see information accumulates
accumulates accumulates and people
do the obvious research and and here we
have it
it's documenting everything i began to
share um
in october and november
of 2019 and so i'm very very excited
about this
and would really urge everybody uh to
get a hold of the um
what we call the quartet of books let's
play doctor let's say herbal doctor
passport chroma therapy
and the fourth one which made the
quartet books it's all in your head
covers 25 different diseases is caused
by osteoporosis
of the skull when you have osteoporosis
all over
your bone marrow cannot do what it's
supposed to do
make the white blood cells which are the
cavalry and the and the marines that go
out and kill and eat the viruses right

can't make the platelets to prevent you
from bleeding
can't make the red blood cells so you're
anemic and they have to give you
um transfusions every month plus b12 and
iron shots every month
okay because you can't absorb those
things you could take them orally so
they got to give it to you by injection
and oh it's genetic no no
it's very simple nutritional deficience
disease caused by malabsorption
and of course
i i just get very very excited about
this because um
i appreciate you um pharmacist keith
because you see this you've been working
with me for a long time
and so you know you've seen many many
things come through your
your clinic and and through your
watchful eyes and so i appreciate that
and all the things that we do together
it's only going to get better because
we're going to save the world we know
the answer
it's drop dead unimpeachable and let's
go get them
yeah it's it's frustrating um
when you're when you're dealing with the

with all these things you know
my mother-in-law was in the hospital
this this weekend she had a
real high spike in her blood pressure so
we took her in to get her checked out
and one of the doctors there the
cardiologist there
just he said don't
keep get her off of her omega-3s because
omega-3s do
nothing they do nothing that's what
he said now i've been working with her
cardiologist her cardiologist not this
hospitalist
since she was 50 years old she's 80
years old now she's been on omega-3s we
got
after she had her bypass in her 50s we
got her on these omega threes got her
off
all of her uh prescription drugs with
the cardiologist's
uh approval you know we we stepped with
him
and she's been living a wonderful life
ever since that time
without any type of issues without any
additional uh
uh blockage in her carotid arteries or

anything i mean there's a little bit of
blockage there but it's it's
it's stay there it hasn't gotten any
worse and despite
her not living with the healthy foods
that we say and despite the fact she
continues to smoke
she had wonderful
results every year when she went in in
fact in january when she went to see the
cardiologist he said
that everything is fine let's keep her
going and it just irritates the heck out
of me when you hear a doctor
say something which is so stupid
that omega-3s do nothing the research is
overwhelming
i mean 20 years ago i had a customer
come into my pharmacy and say
you know i heard that omega-3s help you
control your cholesterol
how much do i need to take i didn't know
the answer because it wasn't any of the
any of the uh
res any of the reference books that we
had in pharmacy
but i had heard the same thing so i
decided that i would go
and research it i told him i would i
said i know what it says on the bottle

is not right
because what the what's on the bottle is
the minimum daily requirement that you
need
just to survive not what you need to
thrive not what you need to
help your body rebuild itself so i went
and did the research i found
somewhere around 30 different articles
this was 20 years ago
30 different articles that said omega-3s
did all these wonderful things
30 of them i came across one from one of
the
uh journals it was either new england
medical new england journal or the
jama i can't remember which one but that
article
the big headline was omega-3s do nothing
so in pharmacy school i had a professor
that said when you see an
overwhelming body of evidence over here
that says one thing
and then you have an article come up
that says something completely different
you gotta ask yourself
three questions who sponsored it
follow the money what did they stand to
gain or lose

from the results and then what did they
do to get those results
so i looked at that particular study it
was
funded by a statin company so right away
we know what they stand to gain or lose
they want to sell that statin drug they
want to lower your cholesterol
so the next the third question is what
did they do to get different results
than everybody else
they gave everybody 1 000 milligrams of
omega-3
now this is important all these other
studies out there
that had all these wonderful results
they gave anywhere from three i'm sorry
from 6 000
to 9 000 milligrams of omega-3
that drug company knew the thousand
milligrams is not enough
they got that article out to all the
doctors to tell all the doctors arctic
cardiologists that omega-3s do nothing
your patients need to be on statin drugs
now let's take it one step further
the pharmaceutical companies then
patented their
own omega-3 it's not the natural omega-3
it's made in a factory

they patented their own omega-3 and even
in the studies with that they only gave
them 4 000 milligrams
and told the doctors that they have to
join that 4 000 milligrams with a statin
drug
because they knew dagon well if they
went over that 4 000 milligrams they
don't need that stepping drug anymore
so this is what's frustrated me with
this whole thing i need i need to
read a disclaimer real quick uh any food
or dietary supplements that we mentioned
in this presentation are intended to
contribute to the daily diet
and overall health and they're not
intended for use in the prevention
treatment mitigation or cure of any
disease or health-related condition
individuals who have or suspect that
they have an illness or who wish to
commence a diet or exercise program
should consult an appropriately
licensed health care practitioner for
medical history evaluation
diagnosis treatment and health
recommendations and folks i recommend to
you
interview your doctors interview your

nurse practitioners
see what their opinion is on nutrition
and supplementation and its role in
healing if they tell you that
taking a vitamin is nothing but peeing
out expensive urine
then you don't want to go to that doctor
i have personally found many doctors now
that are open and are willing to work
with me when it comes to health and
nutrition
so you want to make sure you interview
them and make sure there's somebody that
ha
that has an open mind i'm starting to
see more and more of them they're
joining dr walks army all the time
so so so keep that in mind uh
i want to ask you a question you know
covet is here it's honest now
um so it's going to be difficult for
some of us that are really bad
condition have all these comorbidities
to turn things around immediately
we know that in the future something
else is going to come
that may be even worse than coke so what
is it we need to do
right now to prepare ourselves for the
future

so we don't have sneak up on us what has
happened
just now okay that's that's a very very
very very good question there
and before i answer it i'm going to say
one thing when those doctors
said okay from the statin companies
oh just take one thousand milligrams of
the
omega-3s if you have damaged your
intestines because you're eating gluten
and that one thousand milligrams you may
have only absorbed two milligrams
okay so that's part of the problem
okay now answer the question again
okay the the coronavirus is on us full
force right now and for a lot of us
you know it's going to take time for us
to get our bodies back to where it needs
to be
to fight this thing but we all know that
sometime in the future
there's going to be another disease
another pandemic another epidemic is
going to come along
so how can we start preparing ourselves
now so that when the next one comes here
we don't fall victim well exactly and
you look into history

pandemics would come sometimes every
year
different ones would come every year
sometimes they would come every three
years every five years
but they kept coming because we never
got rid of our susceptibility because
everybody's eating gluten okay it's the
same problem
from the beginning uh going way back uh
10 000 years ago when wheat was a wild
grass in india
and that's why 20 million people died in
six months from the spanish flu
100 years ago in india in six months
20 million died okay that's like crazy
okay well here's the deal all these
beautiful articles i
i've got about 25 of them when it comes
to
how to survive the current
coven 19 pandemic
get off of gluten take the 90
and you're going to help reduce the
effects
of these pre-existing conditions okay
and also you're not going to have
a life-threatening effect from covalent
now the life-threatening effects from
covid

are hemorrhaging okay and we're talking
about abdominal hemorrhaging and also
uh hemorrhaging in your intestines okay
so you bleed to death in your intestines
and sometimes they're saying
oh they got a basketball size blood clot
in their pelvis
inside their pelvis well how did all
that blood get in there
well they were bleeding internally okay
for weeks and weeks and weeks and
finally
it clotted but that blood was sloshing
in there for weeks
and it's just coming out of the surface
the outside surface the intestines the
liver
the kidneys it's coming from blood
vessels coming from everywhere
they're just bleeding because they
couldn't absorb
the nutrients necessary for their bone
marrow to make platelets
okay and so they said look
if you get on a gluten-free diet that's
the beauty of these articles i mean they
went right to it
you get on a gluten-free diet and stay
away from gluten

and and of course if the physicians
would also give them
the um anti-inflammatory drugs okay
the steroids and so between the steroids
to kind of quiet the intestines down
and get them on a gluten-free diet i
mean we're talking 30-60-90 days they're
they're home free and this is very
consistent
hundreds and hundreds and hundreds of
them okay and i've been saying that
since october
and here it's all documented so i'm glad
you're recording this because this is
going to be
i'm one of those things that's going to
save millions of people here pharmacist
keith
this little recording is going to save
millions of people because they don't
need to go to a doctor to get off of
gluten
okay they don't need to go to a doctor
to get on anti-inflammatory
uh products things like that okay
i mean it's one of those wonderful
things that that's just the
anti-inflammatory stuff
you just have to deal with the
pre-existing conditions and if you get

on
the appropriate supplements for that
they go away
and this is why i want people to get
that quartz head of books let's play
doctor lives for herbal doctor passport
chroma therapy that's on your
head and you'll get rid of all of these
pre-existing conditions okay which is
what put pressure on you
and if you would have um covet 19
and you were you know 100 pounds
overweight
they'd say oh they died of obesity
or no they died of covet okay it depends
on whose side they were
if they wanted to make a covet thing
they'd say oh they died of covet but
they really died of obesity
or they died of diabetes no they died of
covet
okay well they won't be able to do that
anymore because by taking the 90th cents
nutrients appropriate for for your
pre-existing conditions and so it's now
you and kova and you get off of gluten
you take your 90 cents of nutrients free
i mean this is already published stuff
okay and i just knew what questions to

ask

i knew it questions to ask in the

literary research

and the the answers just popped right up

because somebody else had asked the

questions at the other end of the world

well that's because the uh medical

industrial complex

isn't looking at that they're looking at

what can we

design to make money off of

exactly what supports our theory it's

not a hydrochloroquine

deficiency it's not a chloroquine

deficiency it's not a budestine

deficiency it's not a steroid deficiency

it's a virus that's attacking us

everybody equally but the people that

have all these comorbidities because

they have all these other diseases that

are mineral deficiency diseases

they're the ones that are susceptible to

death they're the ones whose system

cannot fight this

i mean

years about how we need to stop

these diseases and how we can use

nutrition and supplementation to do it

i mean inflammation is the that's the

big key

to everything that's going on here some
type of inflammation in the body is
causing some type of disease it's great
because of a mineral deficiency it's
because we're eating crap
we're eating all these freaking
chemicals in our food
and you know it's it's destroying our
body
the number one thing in america and this
disease is hitting the obese
the worst exactly you get an a-plus
pharmacist keith and of course
my one of my favorite simplest ones that
everybody can understand
is obesity obesity
now doctors say well you just eat too
much stop eating
okay cut the carbohydrates out of your
life no fat
and then you're gonna die from the
nutritional deficiencies right
oh but they don't cut the carbohydrates
they want to eat whole grain
yeah yeah yeah eat some wheat
okay and then basically
what happens here is what you
have to appreciate there is a behavior
called pica

p-i-c-a and little babies during the
1940s when they came up with those baby
formulas they were
consuming those baby farmers only three
minerals in them they
developed a behavior called cribbing
which was just pica but they were in a
crib they weren't
they couldn't eat dirt because they're
in a crib they would stand there and
they'd hold the rail to the trim they'd
chew on the rail or the crib so they
called it cribbing
and then when horses would chew in that
top rail in their stall in the barn they
called it cribbing because it looked
like what the babies were doing in their
crib
well that just related back to pica when
grandma would go out in the backyard and
eat dirt with a spoon and she eat wood
ashes out of the wood stove in the
fireplace
when she had these cravings because she
was minerally deficient
now obesity was not a big thing
200 years ago i mean somebody was in a
circus they weighed 200 pounds they
thought that was a
big deal right oh here's the fat lady

kind of thing right

well now it's not unusual i see

literally

thousands of patients every year the

weight 400 pounds 500 pounds

600 pounds okay and that's because they

have access to pretzels pretzel sticks

potato chips okay which are naming after

the governor of

or the mayor of new york or whatever it

is now como chips

okay that way you have something to eat

with your beer right they're getting

their gluten that way

but also

they would eat all these other

snack foods corn puffs and so forth

because people said well why are we

letting grandma eat dirt we can't make

any money when she eats dirt let's just

make her

a pretzel stick which she can chew on a

little cup of beer or something

and um she'll be happy now well then she

would gain her weight because it was a

mineral deficiency driving her to have

that behavior it's called pica p-i-c-a

everybody can look it up and of course

the book rare earthquake and cures goes

into it big of course our book

let's see here we have the book

oh hell's kitchen and the cd hell's

kitchen goes into obesity and diabetes

the cd and the book hell's kitchen i

mean these are the things that people

should be reading

well would you look at that

[Laughter]

you got it yeah and it's not like we

don't know the science

it's just a matter of the proper

education and so

these should be

you know we should have the the state

legislatures

have a directive that says every medical

school should use these

textbooks as textbooks in medical school

okay

they should use them in medical school

and um

they have to take a test on the book

dead doctors don't lie they have to take

a test on the book

hell's kitchen they have to take a test

on the book

um epigenetics they have to take a test

on the book let's play doctor they have

to take a test on the book rare

earthworm cures

okay and they have to pass it with 90 or

above before they get their

their degree okay and see right now

they're not getting any of this

information

they're not getting any of this

information because none of it's in

their textbooks

and then you have the professors saying

all that all that nutrition just eat

what

eat well you get everything you need

that is not true any any physician who

says that

should be put in jail for life for

reckless endangerment now once you start

doing that they're going to say well

these these

hippies are serious man you got to tell

people about the nutrition otherwise

you're going to jail

that's right yeah the

snack food industry understands this

desire for minerals okay i mean one of

the companies

had as their slogan i bet you can't eat

just one

they knew they put some salt in that

that you're minerally deficient
you're going to eat their product your
body's going to taste the salt and think
it's getting minerals but because it's
not you're going to keep craving more
and more and more and more
so the the snack food industry
understood this that's why so many of
the snack foods out there
i have so much salt in them it's to
drive you to keep eating more and more
and more because your body is craving
those minerals and it's not getting it
because all it's getting is salt
i mean take a look at kentucky we have a
massive salt lick
where back in the olden days that's
where the bison would
would congregate because they knew that
they can get their
minerals there you know they call it a
salt lick but basically any mineral is a
salt
so they would lick that and get their
minerals
the the veterinary industry understands
this
you know they understand that you want
to keep your cow healthy
you put a salt lick out there the

thoroughbred farms here
they have salt licks out you know blocks
of salts out in the field
so the animals can get the salt that
they need and there's no there's no
doctor telling them
you only get one lick they get whatever
they need
and the other thing about this whole
veterinary industry is
they know if they want to get a cow fat
so they can get into the slaughterhouse
sooner
what do they feed it grains
lots and lots of greens lots and lots of
corn which is full of
uh fructose they don't supplement it
with minerals
so the cow at the at the feed lot there
just stands there in one spot
and eats continuously all day long
and they know it and yet the doctors are
telling us each you know
the food pyramid top thing on the food
pyramid the biggest thing on the food
pyramid is the greens
and then why are we so obese because you
don't exercise
that's not the truth and then the doctor

buys his note

yeah and then the doctor buys a gym so

that he says well here

here here give a couple of free tries at

the gym

and of course one of the things we put

in the animal salt blocks

is trace minerals so when they're

licking the salt they're also getting

the trace minerals

okay and when it comes to mustard

history i like to

show that example of course it's called

white muscle disease in calves so when

they would kill the calf because it

couldn't stand up

they cut it open maybe eat some veal the

muscle is white like cheese

okay so they call it white muscle

disease it's just muscular dystrophy

what we would call musculus

in humans okay and

you can go into any feed store any

farmer who cannot even read

can go into a feed store and buy an

injectable bottle of that nutrient

go to that calf that can't stand up

inject him with it come back an hour

later and he's up

nursing out of his mother is utter okay

because now
he's cured him of the mustard history in
like an hour
by giving him an injection of that
nutritional deficiency nutrient
okay a particular mineral and of course
when jerry lewis took that
to the it makes me get teary-eyed every
time i think about it
he took that to the uh muscusville
association
they fired him before he even walked out
the door
and they tried to run the telethon
without him and
that was 2011 and 2015 the telethon was
totally dead
and you haven't heard nothing from the
monstrosity association since
2011.
yeah it's uh it
it's amazing you know what just a little
bit of research
just a little bit of research yourself
can do you know another thing
at the culvert it's hitting minorities
a whole lot worse than it's hitting uh
the
white population and i've got a theory

behind this and i

i'll see if you agree okay

a lot of minorities are in economically

depressed areas

they don't have very good grocery stores

very good access to good food

they get the ones that are on food

stamps

because they can't get good food they're

spending all their money

on all this junk food i mean back when i

was in pharmacy school

and i got assistance you know we bought

good food and we ate really good but we

had access to it

some of these communities they just

don't have access to it and they're

living off this junk food

and i think that's one of the reasons it

has nothing i don't think has anything

to do with their race

i think it has to do with their economic

situation yeah and their lack of

a good diet because of where they live

well you get an a plus there for mrs key

because you hit the nail right on the

head

um when i came back from africa in april

of 1967

to work on this 10-year project where i

did my 20

000 autopsies for post my fellowship my

equivalent of a phd degree it's in the

smithsonian institute

um marlon perkins gave me two pieces of

paper he says okay this is what the

national institutes of health wants you

to do look for

um animals in the big zoos that are

dying from the same pollutants that

humans are

and people who are dying within a 10

mile radius of the big zoos in the big

cities

and so if the if the animals in the zoo

start dying we know to evacuate the

cities kind of like the canary in the

mine for the old coal miners right

but here's what i want you to look for

he says right now

in every zoo in the world every species

of bears are dying from

liver cancer and all the geneticists say

that it's a genetic disease

of bears we don't believe it because it

never

showed up until just this last couple of

years now every bear

polar bears black bears brown bears

grizzly bears

kodiak bears sun bears they're all dying

of liver cancer

and i said i already before you've said

the last word i already know what's

causing it

okay these are big animals they weigh

you know 500 pounds a thousand pounds

what are they feeding them

well because they're so big you know

these zoos they get you know a little

fixed income so to save money

they get the old bread from the um

thrift stores okay that they can't sell

is that they're out of date loads of

bread and some of them actually have

aspergillus

bread mold growing on them and they give

them or sell them to the thrift stores

and so they buy them for 10 cents a loaf

and stuff like that and they'll give a

big bear say three loaves of this old

bread

and a fish a raw fish and that keeps

their weight up and they're happy

because they get the fish they get the

bread and they're happy

they also buy 50 pound bags

of peanuts that are still in the shell

and have some mold on them

and they feed them some of those peanuts

i said okay

okay and perkins they just picked me up

from the airport i still got my

suitcases in my hand

i said let's go by the zoo we said okay

so we go by the zoo and i said let's

stop by the hospital

and get a black light okay it's the uv

light

you push the button and the uv light

comes on by batteries or plug in

and um do you have a barn or something

where you store all this old bread for

the bears

yeah we have to have so much all the

time as it comes available we just buy

it all

and so let's go by there so close all

the windows close all the doors

and we turned out all the lights and i

turned on the black light and that

old bread glowed like a green light at a

stop intersection

he said what's what's that happening i

said well um

the old bread has aspergillus on it it's

bread mold everybody knows that his

bread mold's got that blue green

mold on there and usually if there's
three slices of bread with obvious bread
mold they just throw it away
you know people eat the other bread but
it's water soluble so that
the the aflatoxin which is the byproduct
of that aspergillus growth goes through
the hole over bread
okay now this aflatoxin causes liver
cancer
and all vertebrates that's what you're
seeing in these bears because that's all
over the world they're giving them the
bread because they learned that they
could save money by giving these bears
three or four or five loaves of bread
and a big raw fish
okay that's the problem now switch them
all to dog food
and within six months time all of the
liver cancer and bears around the world
stopped
now that's written up okay i wrote that
up it's one of my publications
now here's what happens poor people
whether they're white or black or yellow
or red
or what language they speak they buy
food from the thrift store because they
don't have any money

and if they see a little bit of bread
mold on two slices of bread in that loaf
they just throw that away
and eat the rest of that loaf which has
the aflatoxin in it
and they get liver cancer that's why
poor people get liver cancer
and rich people who eat caviar don't
so you hit the nail on the head that's
exactly what's happening there
well documented i published that yeah
it's
it's amazing uh you know
what again it's amazing what you're
learning and i've been so lucky to be
able to spend time with you on the road
over
over a year and a half's period but uh
you know one of the things i want to
say to everybody you know you're driving
down that interstate
the interstate of life and that red
engine light comes on
you get pain in your joints uh you know
you you've got a headache
you've got stomach issues that red
engine light comes on
do you pull that car over and cut the
wire to that red engine light

or do you find out what's going on
that's what the medical system is doing
they're cutting the wire to that red
engine light and they're giving us a
pharmaceutical drug
to treat a symptom they're not asking
the question
what's causing that symptom let's trace
it back a few steps
you know see what's going on they just
see
the body is reacting to a certain thing
high blood pressure
so they design a drug that blocks an
enzyme pathway in your body
that causes the blood pressure to go up
but that blood pressure going up is a
natural thing because something else is
going on
so they're cutting the red engine light
to stop the blood pressure from going up
instead of finding out why is it going
up the first place
same thing with statin drugs same thing
with diabetes
these are all drugs that are treated to
cut that red engine light
treat the symptom and not address the
core
issue which is mineral deficiencies

you're exactly right and that was the
same thing that they did with the kova
19
oh this is a cousin to sars and mers
and h1n1 which is a spanish flu so we
have to have all these
10 000 respirators because all these
people are going to die from respiratory
none type of respiratory okay
because it's not a respiratory virus
okay it just kind of gives you common
cold like symptoms if you're three years
old
and in three days time your body cures
itself
it's amazing it's amazing those first
few months of the virus
that suddenly people weren't dying of
heart disease people weren't dying of
heart attacks they weren't dying of
complications of diabetes
everybody was dying of covet that always
amazed me
well i can't thank you enough for
recording this because
it's going to be a lifesaver for
humanity
because it's going to educate this
living community we have now around the

world
and they're ready because they're
frustrated you know people aren't dumb
they see what's going on and they can't
quite put their finger on it but they
know
they're not getting the correct
information
now dr wallach it's really been a
pleasure talking with you about all this
i enjoy our time every week for those
that don't know we do this
every week on monday 8 a.m
pacific time 11 a.m
eastern time on the facebook page give
doc 90 days
as well as on the zoom so i encourage
you to
mark it on your calendars to be with us
we normally try to answer some questions
today we don't have the time for that
but that's normally what we do
we talk about some topic that's in the
news and you know talk about that for a
little bit and then we move on to
answering some questions
uh so if you have questions that you'd
like to have answered on a future
episode
send me an email at ask pharmacist keith

at live.com ask pharmacist keep at
live.com
i've got a couple of free gifts for
folks that jumped on today
i have the video
that you can watch online uh it's the
sequel to dead doctors don't lie cause
someone should go to
jail uh you can get that as well as a
report from dr wally
uh called why so many young athletes die
those are both free just for watching
this program
and at the on that website there is a
link to
a health evaluation that you can take
and we try to answer some of those on
the air
the information that's on the health
evaluation is private
it's not shared by me with anybody else
i'm a pharmacist i respect your privacy
and that information is kept private
so the place to get these gifts is
dddlvideo.com
uh that's like dead doctors don't lie d
d d
l video dot com and dr wallick really
appreciate you being on here

and uh can't wait to talk with you again
in the future
god bless thank you so much for mrs
keith beautiful
as usual and i can't wait to see the
finished product here from our
discussion this morning
because it's going to save millions of
people thank you so much god bless
god bless you too thanks for tuning in
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his past shows
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one last thing if you'd like to join dr
white's crusade to share his message
with others
contact pharmacist keith and he'll teach
you how to share the message
and create some extra income at the same
time contact pharmacist keith through
his email address
keith prosperityrx.com or call or text
at 502-212-2929
remember keats is still a practicing
pharmacist and can't always pick up the
phone right away
so leave your name number and best time

to call and he'll return your call as

soon as possible

thanks again for tuning in

[Music]

you